



How to Stop the Cycle of Temptation

Romans 13:14

¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh in regard to *its* lusts.

I. The context for stopping the temptation cycle

Romans 13:8-14:8

⁸ Owe nothing to anyone except to love one another; for he who loves his neighbor has fulfilled *the* law. ⁹ For this, “YOU SHALL NOT COMMIT ADULTERY, YOU SHALL NOT MURDER, YOU SHALL NOT STEAL, YOU SHALL NOT COVET,” and if there is any other commandment, it is summed up in this saying, “YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.” ¹⁰ Love does no wrong to a neighbor; therefore love is the fulfillment of *the* law.

¹¹ *Do* this, knowing the time, that it is already the hour for you to awaken from sleep; for now salvation is nearer to us than when we believed. ¹² The night is almost gone, and the day is near. Therefore let us lay aside the deeds of darkness and put on the armor of light. ¹³ Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity

and sensuality, not in strife and jealousy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh in regard to *its* lusts.

14 Now accept the one who is weak in faith, *but* not for *the purpose* of passing judgment on his opinions. ² One person has faith that he may eat all things, but he who is weak eats vegetables *only*. ³ The one who eats is not to regard with contempt the one who does not eat, and the one who does not eat is not to judge the one who eats, for God has accepted him. ⁴ Who are you to judge the servant of another? To his own master he stands or falls; and he will stand, for the Lord is able to make him stand.

⁵ One person regards one day above another, another regards every day *alike*. Each person must be fully convinced in his own mind. ⁶ He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God. ⁷ For not one of us lives for himself, and not one dies for himself; ⁸ for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's

II. The command to put on the Lord Jesus Christ

Galatians 3:27

²⁷ For all of you who were baptized into Christ have clothed yourselves with Christ.

Colossians 3:10-17

¹⁰ and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him— ¹¹ a *renewal* in which there is no *distinction between* Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and freeman, but Christ is all, and in all. ¹² So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; ¹³ bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. ¹⁴ Beyond all these things *put on* love, which is the

perfect bond of unity. ¹⁵ Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. ¹⁶ Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God. ¹⁷ Whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks through Him to God the Father.

III. The command to make no provision for the flesh

Romans 7:14-20

¹⁴ For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin. ¹⁵ For what I am doing, I do not understand; for I am not practicing what I *would* like to *do*, but I am doing the very thing I hate. ¹⁶ But if I do the very thing I do not want *to do*, I agree with the Law, *confessing* that the Law is good. ¹⁷ So now, no longer am I the one doing it, but sin which dwells in me. ¹⁸ For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good *is* not. ¹⁹ For the good that I want, I do not do, but I practice the very evil that I do not want. ²⁰ But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me.

2 Corinthians 7:1

Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God

Galatians 5:16

But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

Romans 8:5-7

⁵ For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. ⁶ For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, ⁷ because the mind set on the flesh is hostile toward God;

for it does not subject itself to the law of God, for it is not even able *to do so*,

Matthew 6:13

‘And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.’

Psalm 19:13

Also keep back Your servant from presumptuous *sins*;
Let them not rule over me;
Then I will be blameless,
And I shall be acquitted of great transgression.

1 Corinthians 10:13

¹³ No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.