

Temptation
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Doctrine

1 - Christ suffered "Temptations of every Kind"

- Alma 7:11-12 (Alma the Younger)
"And he shall go forth, suffering pains and afflictions and *temptations of every kind*;"
- Mosiah 3:7 (King Benjamin)
"*he shall suffer temptations*, and pain of body, hunger, thirst, and fatigue, even more than man can suffer "

Observations

- We can not say to the Savior "You don't understand" because he does having through his life experiences and/or the Atonement suffered "temptations of every kind"

2 - Christ suffered temptations but did not yield

- Hebrews 4:15 (Paul)
"but *was in all points tempted* like as we are, yet without sin."
- Mosiah 15:5 (Abinadi)
"And thus the flesh becoming subject to the Spirit, or the Son to the

Father, being one God, *suffereth temptation, and yieldeth not to the temptation*"

- D&C 20:22

"He suffered temptations but gave no heed unto them"

Observations

- In this as all things the Savior is our example

3 - We do not receive temptations "but such as is common"

- 1 Cor 10:13

"There hath no temptation taken you but such as is common to man..."

- Neal Maxwell:

"Certain temptations are common to those who come to this earth. It is our task to deal with these common temptations in an uncommon manner." (We Will Prove Them Herewith, pg 6)

Observations

- Often we, or in particular teenagers, may feel that we are "the only one" that has a particular temptation
 - We feel hopeless and the worst sinner ever for falling to a particular temptation
- We can gain hope from the understanding that others have suffered and overcome the same temptations we have

4 - We will not be tempted above that we can stand

- 1 Cor 10:13

"God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it"

- Ezra Taft Benson:

"We can rise above the enemies of despair, depression, discouragement, and despondency by remembering that God provides righteous alternatives" (The Teachings of Ezra Taft Benson, pg 398)

- Spencer W Kimball:

"It is a tenet of my faith that every normal person has the capacity, with God's help, to meet the challenge of whatever circumstances may confront him. One of the most comforting scriptures carries the message that God will not leave us helpless-ever." (The Teachings of Spencer W. Kimball, pg 161)

- Neal Maxwell:
"The Lord knows our bearing capacity, both as to coping and to comprehending, and He will not give us more to bear than we can manage at the moment, though to us it may seem otherwise. (See "D&C 50:40, D&C 78:18") Just as no temptation will come to us from which we cannot escape or which we cannot bear, we will not be given more trials than we can sustain. (See 1 Cor. 10:13.) " ("Be of Good Cheer," Ensign, Nov. 1982, 66)

5 - God will succor is in our temptations

- Hebrews 2:18
"For in that he himself hath suffered being tempted, he is able to succor them that are tempted"
- D&C 62:1
"Behold, and hearken, O ye elders of my church, saith the Lord your God, even Jesus Christ, your advocate, who knoweth the weakness of man and how to succor them who are tempted"
- 2 Peter 2:9
"The Lord knoweth how to deliver the godly out of temptations..."
- Neal Maxwell:
"We are promised deliverance, but the Lord will not kidnap us. The ground rules about free agency insure that we will not be held hostage against our will" (We Will Prove Them Herewith, pg 6)

6 - God does not tempt us

- James 1:12-14
"Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed."

Observations

- Satan is the source of all temptation
- It is sometimes confusing the difference between weaknesses, burdens, challenges and temptations
 - Yielding to temptation requires repentance
 - Weaknesses, burdens and challenges in of themselves do not require repentance

- The Atonement is not just for sinners and is applicable to overcoming weaknesses and challenges and the lifting of burdens

Discussion

Ideas for not yielding to temptation

- What has helped you in the past?
- How does understanding the doctrines discussed previously help?
 - Knowledge and understanding empower us
 - Give hope
 - Help us to feel God's love and caring
- Make decision before hand how you will respond to temptation
- Do not place yourself in an environment where you will be exposed to temptation or things inappropriate
 - Certain parties, movies, concerts, restaurants, etc.
 - Bars, Casinos, night clubs etc.
- Strengthen daily
 - Regular temple, scriptures, prayer, FHE
 - President Waite (Portland Temple President at time):
"Coming to the Temple is like receiving an inoculation of the Spirit against Satan and the world" (to Cooper Mountain Youth on Youth baptism trip on the 3rd anniversary of monthly temple trips)
- Once we have committed a sin it beckons us again. How can we avoid falling back into sin?
 - Recognize patterns of thought or behavior that lead to sin
 - Avoid the start of that path
 - If you start down the path – stop and take a different path
- "Cease to be idle"
 - Often boredom is a predecessor to sin

Dealing with destructive or addictive destructive behaviors

- Some temptation when we fall to them lead us into addictions or destructive behaviors
 - It can be very difficult to break the cycle of continued sin or destructive behaviors
- Addictive Destructive
 - Gambling
 - Pornography

- Eating disorders
- drugs
- Destructive
 - Perfectionism (Cecil O. Samuelson, "What Does It Mean to Be Perfect?" *New Era*, Jan. 2006, 10)
 - Low self esteem or self worth
 - Anger
 - Abuse
 - Mental
 - Physical
 - Sexual
- Facing up and admitting a problem and need help is important
- Destructive and addictive destructive behaviors almost *always* require clerical or professional help
 - Very difficult to overcome on our own

Pornography

- Not a discussion on what to do to help avoid Pornography
 - Bunches of good ideas but that is not the focus of this discussion
- Discussion is on how to respond to the temptation to view it
- I (Mike Baird) have several very strongly held feelings:
 - "Everyone (Adults/YM/YW) who uses the internet or email, in spite of the best precautions, will at some point be exposed to a pornographic web site or receive an email solicitation to do so"
 - "You have to assume that you, your spouse, your children will at some point be exposed/tempted"
 - "You cannot afford to assume your spouse, children have not been exposed/tempted"
- A growing problem for pornographic access we need to be aware of is internet capable phones and downloads for ipods and similar devices
- What can we do then?
 - Decide before on how we are going to respond so we don't have to decide when faced with it
 - Discuss with your spouse
 - What you are doing to avoid and how you will respond
 - Discuss with your children
 - What you are doing to avoid and how you will respond

- I've had as young as 11 years old tell me they have viewed pornographic web sites on the internet
- The way to ask the question is:
 - "Have you ever....
 - had a pornographic site pop up on the internet
 - followed up on a invitation to look at a pornographic web site
 - been invited by your friends to look at pornographic materials or watch a inappropriate movie
- Teach how destructive pornography is
 - Worse in many ways than the worst drugs and just as addictive
 - "You can't pet a rattlesnake" (David E. Sorensen, "You Can't Pet a Rattlesnake," *Ensign*, May 2001, 41)

How to deal with past things you have seen or heard

- I had the following two experiences multiple times:
 - "Bishop, I had a pornographic site come up while I was on the internet. I closed it immediately. However, I find that what I saw keeps coming back to my mind. What can I do?"
 - "Bishop, in the past I looked at pornographic stuff. I've tried not to look anymore but what I've seen in the past keeps coming to my mind. What can I do?"
- How would you answer those questions?
 - A principle taught by Boyd K Packer - Your mind is like a stage in a theater
 - "Your mind is like a stage in a theater; in the theater of your mind, however, only one actor can be on the stage at a time. If the stage is left bare, thoughts of darkness and sin often enter the stage to temp. But these thoughts have no power if the stage of your mind is occupied by wholesome thoughts, such as a memorized hymn or verse of scripture that you can call upon in a moment of temptation. By controlling the stage of your mind, you can successfully resist persistent urges to yield to temptation and indulge in sin. You can become pure and virtuous." (Virtue, Preach My Gospel, Pg 118-119, Originally from Boyd K. Packer, "Inspiring Music—Worthy Thoughts," *Ensign*, Jan. 1974, 25)
- Helps & References
 - [lds.org/provident living/social & emotional/10 common challenges/ Pornography](https://www.lds.org/provident-living/social-&emotional/10-common-challenges/pornography)

- February 2006 New Era Article – Independence Day
- Rory C. Reid, "The Road Back: Abandoning Pornography," Ensign, Feb. 2005, 47
- Gordon B. Hinckley, "A Tragic Evil among Us," Ensign, Nov. 2004, 59
- Dallin H. Oaks, "Pornography," Ensign, May 2005, 87