



SUNDAY MESSAGE NOTES AND INTERACTIVE PDF

Triumph Over Temptation

The Word and Spirit help believers recognize temptation, take God's way of escape, and return to Him in repentance without condemnation.

SERMON TITLE	MINISTER
Triumph Over Temptation	Pastor Jason Gillick
DATE	PRIMARY SCRIPTURE
Sunday, March 22, 2026	Galatians 5:16-24 ; James 1:12-25

TOPICS [Fruits of the Spirit](#) | [Repentance](#) | [Temptation](#)

NOTES

Truth to carry into the week.

01 See temptation clearly before it takes root.

- Desire becomes destructive when it is welcomed, conceived, and allowed to mature into sin. ([James 1:12-15](#))
- God warned Cain that sin was crouching at the door and seeking mastery over him. ([Genesis 4:6-7](#))
- Small compromises should be confronted early rather than normalized as harmless. ([Hebrews 12:1](#))

"Sin wants to murder you."

STUDY [James 1:12-15](#); [Genesis 4:6-7](#); [Hebrews 12:1](#)

02 Keep the Word and the Holy Spirit together.

- The Word reveals God's standard while the Holy Spirit supplies power to live it. ([Galatians 5:16](#))
- Storing Scripture in the heart gives truth a ready answer when temptation speaks. ([Psalm 119:9-11](#))

- Spiritual life grows through daily fellowship, not occasional emergency attention. ([John 15:4-5](#))

“You need the Word and the Spirit together.”

STUDY [Galatians 5:16](#); [Psalm 119:9-11](#); [John 15:4-5](#)

03 Take God’s provided way of escape.

- Temptation is common to humanity, but God remains faithful and provides a way to endure it. ([1 Corinthians 10:13](#))
- Jesus answered each wilderness temptation with Scripture instead of negotiating with the enemy. ([Matthew 4:1-11](#))
- Draw near to Christ and allow truth to transform the desires and habits that make temptation persuasive. ([James 4:7-8](#))

“He provided a way of escape for you through Christ Jesus.”

STUDY [1 Corinthians 10:13](#); [Matthew 4:1-11](#); [James 4:7-8](#)

04 Fight by keeping your faith intact.

- The good fight is not frantic striving; it is continuing to trust God while opposition presses against faith. ([1 Timothy 6:12](#))
- Speak hope to a downcast soul and deliberately return attention to God. ([Psalm 42:5](#))
- Keep the ground already gained and continue receiving truth through fellowship with God. ([Colossians 2:6-7](#))

“The fight is that you stay in faith.”

STUDY [1 Timothy 6:12](#); [Psalm 42:5](#); [Colossians 2:6-7](#)

05 Receive conviction without accepting condemnation.

- There is no condemnation for those who are in Christ Jesus. ([Romans 8:1](#))
- Godly sorrow leads to repentance and life rather than shame that drives a person away from God. ([2 Corinthians 7:10](#))
- People caught in sin should be restored gently by those walking in the Spirit. ([Galatians 6:1](#))

“There is mercy from God. He extends His mercy.”

STUDY [Romans 8:1](#); [2 Corinthians 7:10](#); [Galatians 6:1](#)

06 Practice the Word and cultivate the Spirit's fruit.

- Walking by the Spirit replaces the works of the flesh with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. ([Galatians 5:16-24](#))
- The mirror of Scripture is meant to produce obedient action, not momentary recognition followed by forgetfulness. ([James 1:21-25](#))

“You’re not just hearing it, but you’re going to walk and do it.”

STUDY [Galatians 5:16-24](#); [James 1:21-25](#)

SCRIPTURE INDEX - NKJV

Read the Word in context.

[James 1:12-25](#)

[Genesis 4:6-7](#)

[Hebrews 12:1](#)

[Galatians 5:16-24](#)

[Psalm 119:9-11](#)

[John 15:4-5](#)

[1 Corinthians 10:13](#)

[Matthew 4:1-11](#)

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[Colossians 2:6-7](#)

[Romans 8:1](#)

[2 Corinthians 7:10](#)

[Galatians 6:1](#)

Where will you take God's way of escape?

Which temptation or small compromise do you need to recognize clearly today?

What Scripture will you keep ready as God's way of escape in that area?

Where do you need to receive conviction and mercy without accepting condemnation?

Which fruit of the Spirit will you intentionally practice through obedience this week?
