



You Can Win: A biblical look at overcoming temptation and claiming victory over sin

David Lensner

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You Can Win is a biblically-based book that teaches Christians how to resist temptation. It discusses the two primary sources of temptation, Satan and our sinful nature. The book examines the consequences of sin and shows that the excuses people use to give in to temptation are invalid. A number of Bible verses reveal the things God does to help us resist temptation, many of which He does unilaterally without us having to ask Him. The book shows us how to develop a plan for resisting temptation, and how to implement that plan once we have it. Finally, the book describes how to learn from those times when we give in to temptation, and how we can turn that defeat into victory. You Can Win contains eleven chapters:

1. Temptation and Satan

Chapter 1 begins with a definition of temptation and sin. It then identifies Satan and our sinful nature as the ultimate sources of any temptation man faces. The chapter describes the biblical account of Satan's creation, his rebellion against God, and his fall.

2. Misconceptions about Satan

Chapter 2 discusses seven misconceptions people have about Satan, and identifies the biblical truths that show these misconceptions to be wrong.

3. Satan's Temptation of Adam and Eve

Chapter 3 looks at the biblical account of Satan tempting Adam and Eve. It identifies three different deceptions Satan used in that temptation, and describes how Satan uses these same deceptions against us today.

4. Satan's Temptation of Jesus

Chapter 4 looks at Satan's temptation of Jesus and the deceptions Satan used against Him. Although Satan cannot tempt ordinary people the same way He tempted Jesus, he still uses similar deceptions against us. This chapter also includes a discussion of how Satan's deceptions map to "the lust of the flesh, the lust of the eyes, and the pride of life" that John mentioned in 1 John 2:16.

5. Our Sinful Nature

Chapter 5 looks at what our sinful nature is, where it comes from, and what it does: it gives us the desire within our bodies to seek pleasure through disobedient acts. Christians need to realize that they still have a sinful nature even though they are redeemed.

6. Excuses We Tell Ourselves

Chapter 6 looks at 17 excuses people use to give in to temptation. For each excuse, the chapter quotes one or more biblical passages that show the excuse to be invalid.

7. Temptations that Only Christians Face

Chapter 7 looks at 14 temptations that only Christians face, or that non-Christians face from a considerably different perspective. This chapter cites biblical passages to show how we can resist each of these

temptations.

8. Consequences of Giving In

Chapter 8 divides the consequences of giving in to temptation into two categories: consequences that result just from the giving in process, and general consequences that result from the sin we commit when we give in.

9. How God Helps Us Resist

Chapter 9 looks at Bible verses that show us the things God does to help us resist temptation. These are divided into two categories: things God does unilaterally for Christians, like make us new creations, and things God does in response to something we do, like answer our prayers.

10. Developing a Plan for Resisting Temptation

Chapter 10 shows us how to build a biblically-based plan to resist temptation. This plan includes examining our lives to see where we need to make changes, and getting help from others when we do.

11. All Is Not Lost if We Give In

Chapter 11 begins with a discussion of what we should do when we face temptation. Then it addresses seven things we should do (or consider doing) after we have given in. These include confessing our sin to God, not getting discouraged, accepting God's forgiveness and discipline, and others.

Bonus Material

If you purchase *You Can Win*, you will also receive the first chapter of David Lensner's next book, *7 Questions about Jesus*.

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