

## STUDY NOTES – March 3, 2109

### Sermon Series: “Ezekiel: Time to Grow Up”

Pastor Kris preaches from the *English Standard Version (ESV)*.  
Sermons on line at [camanochapel.org](http://camanochapel.org). (Click the Media tab.)

#### Ezekiel 16

#### How to combat temptation

##### 1. The result of not giving in to temptation (Vs. 9-14)

*Ezekiel 16:9–15 (ESV) — 9 Then I bathed you with water and washed off your blood from you and anointed you with oil. 10 I clothed you also with embroidered cloth and shod you with fine leather. I wrapped you in fine linen and covered you with silk. 11 And I adorned you with ornaments and put bracelets on your wrists and a chain on your neck. 12 And I put a ring on your nose and earrings in your ears and a beautiful crown on your head. 13 Thus you were adorned with gold and silver, and your clothing was of fine linen and silk and embroidered cloth. You ate fine flour and honey and oil. You grew exceedingly beautiful and advanced to royalty. 14 And your renown went forth among the nations because of your beauty, for it was perfect through the splendor that I had bestowed on you, declares the Lord GOD.*

- Life lesson: Focus on *the blessing of obedience to God.*

##### 2. The result of giving in to temptation (Vs. 25-29, 37)

*Ezekiel 16:25–29 (ESV) — 25 At the head of every street you built your lofty place and made your beauty an abomination, offering yourself to any passerby and multiplying your whoring. 26 You also played the whore with the Egyptians, your lustful neighbors, multiplying your whoring, to provoke me to anger. 27 Behold, therefore, I stretched out my hand against you and diminished your allotted portion and delivered you to the greed of your enemies, the daughters of the Philistines, who were ashamed of your lewd behavior. 28 You played the whore also with the Assyrians, because you were not satisfied; yes, you played the whore with them, and still you were not satisfied. 29 You multiplied your whoring also with the trading land of Chaldea, and even with this you were not satisfied.*

*Ezekiel 16:37 (ESV) — 37 therefore, behold, I will gather all your lovers with whom you took pleasure, all those you loved and all those you hated. I will gather them against you from every side and will uncover your nakedness to them, that they may see all your nakedness.*

- Life lesson: Be aware that habitual sin *leads to dissatisfaction and devastation.*

##### 3. The result of turning back from temptation (Vs. 62-63)

*Ezekiel 16:62–63 (ESV) —62 I will establish my covenant with you, and you shall know that I am the LORD, 63 that you may remember and be confounded, and never open your mouth again because of your shame, when I atone for you for all that you have done, declares the Lord GOD.”*

- Life lesson: Take heart that God is *ready to restore you when you fall*.

### **Further thoughts on how to combat temptation:**

1. Know that you *can't win alone*. (Matt. 6:13)
2. Identify the sins that “easily beset you”.
3. Avoid people and places that *drag you down*.
4. Remind yourself that there is always a way of escape. (1Cor. 10:13)

### **S.A.L.T. Group questions**

- Have someone read Sunday's passages from Sunday (see other side of notes).
  - What truths stand out to you?
- 1. What are some of the blessings of obedience to God?
  - Why is it so easy to forget these blessings when we're tempted?
  - How can we remind ourselves of these blessings when we're tempted?
- 2. What are some examples of certain behaviors that lead to devastation in our lives?
  - How can we remind ourselves of the dissatisfaction and devastation of sin before we give in?
- 3. What are some reasons people don't turn back to God even when he's ready to restore them?
  - What are some of the lies of Satan that he people from returning to God?
  - Besides what has already been mentioned on the front side of these notes, what are some other ways to combat temptation?

***S.A.L.T. groups** (“Sharing And Learning Together”) are Camano Chapel's adult small group ministry. To learn more, you can go online at [camanochapel.org](http://camanochapel.org) and click on the ministry tab.*

A more detailed copy of this sermon can be found at our Chapel web link:  
[www.thebibleexpedition.wordpress.com](http://www.thebibleexpedition.wordpress.com)

