

Hope from 1 Corinthians 10:13

By Wendy Wood



“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” (1 Cor 10:13)

Many counselees have found truth and hope in 1 Corinthians 10:13. This is a scripture I often share with counselees within the first couple of weeks of counseling. No matter what our counselee is facing, temptation to sin is involved, even if our counselee is primarily suffering at the moment. We are tempted every single day to sin and choose selfish desires over God-glorifying desires. This promise reminds our counselees (and us!) that God is faithful and every situation is an opportunity to demonstrate the power of God in our lives.

Promise #1

“No temptation has overtaken you that is not common to man.” It is tempting to think that our situation is unique and more difficult to endure than other people’s issues. We justify our sin by believing we have it worse than others. “If you knew how bad my husband is, you’d yell too.” Or, “I have to get angry to get her attention.” This promise and truth in God’s word makes it clear that our temptation is common. God’s word is always right. Ecclesiastes 1:9 says, “What has been will be again, what has been done

will be done again; there is nothing new under the sun." Nothing is surprising to God, including what we are going through. God is sovereignly and providentially working all things together for good to conform His children to the image of his Son (Romans 8:28-30). We also have the truth that Jesus experienced the same temptations in Hebrews 4:15 which says, "For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin." Jesus understands and sympathizes with our temptations. Whatever temptation we are facing, it is known by God. God knows what we are facing each moment of every day. These temptations are common and He knows how to care for us in them.

Promise #2

"God is faithful." God keeps His word. He has promised to never leave us or forsake us (Hebrews 13:5, Isaiah 41:10, Matthew 28:20). Proverbs 30:5 says "Every word of God proves true". Psalm 33:4 clearly states that God is faithful in all He does. "For the word of the Lord is upright, and all his work is done in faithfulness." We are promised that God is working in our temptation. God will fulfill the promise He has made to provide the way of escape in each and every temptation. It is not God who tempts us (James 1:13), but He is faithful to provide a way for us to resist that temptation. God is working to make us more like Christ, and He is faithful to continue this work in and through the temptations we face.

Promise #3

"He will not let you be tempted beyond your ability." When Satan wants to tempt Job, Satan goes to God and receives permission and boundaries as to how far he can go in tempting Job to abandon God (Job 1). God is infinitely more powerful than Satan. God does not let us be tempted beyond our ability. Satan wants to "sift" Peter away from Jesus, but Jesus intercedes for Peter and holds his salvation secure (Luke 22:31-32). John 10:28 assures us that no one can snatch a true believer out of the hand of God. God sets limits on our temptation. God knows the exact amount of testing our faith needs to prove true. He sustains us in the temptation so that we can respond in faith.

Promise #4

"But with the temptation he will also provide the way of escape, that you may be able to endure it." God provides a way for us to remain faithful to Him and honor Him in our response to temptation. Hebrews 4:15, quoted above, that Jesus has endured every

temptation as we have, yet without sin, is our hope. Jesus' faithful obedience has been credited to our account. Jesus has left his Spirit in us as a strength and grace to willfully choose to obey God rather than sin in temptation. When we are tempted to respond angrily, God provides a way for us to give a soft answer and speak with love. When we are tempted to choose sinful pleasure, God provides a way for us to choose joy in Him. When we are tempted to gossip, God provides a way to remain silent and speak words of encouragement. God always gives us a way to honor Him and display His Spirit at work in our lives. This is how we glorify Him with our lives.

Do you have a counselee who needs to hear these promises this week?