

# Cookie Jar

## Scripture:

*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 Corinthians 10:13)

## Materials List:

(1) Cookie Jar

## Main Message:

*Never let a temptation overtake you. Take the way of escape God provides.*

**Song:** *Yield Not to Temptation*

## Lesson:

My brown bear cookie jar, received as a wedding gift nearly 38 years ago, has a very special spot in my kitchen...at the back of one of my cabinet shelves. And this is why: I have a huge sweet tooth and have a terrible time resisting anything with sugar, especially cookies. I found out long ago that in order to win the "battle of the bulge" I needed to remove the temptation before me.

For a while, I tried storing cookies in my cookie jar as it sat in the cupboard. But I felt that little bear calling to me every time I entered the kitchen. As a result, it has been several years since my cookie jar has had any cookies or sweet treats. It just sits in the back of the cupboard. I suppose I should have gotten rid of it years ago, but it holds memories of my early days as a wife and mother and reminds me of the special family that gave it to us.

Just like my cookie jar, temptation comes in all shapes and sizes. It can be very pleasing to the eye luring us in as a promise of such wonderful, if only temporary, pleasure. Yet, once we have partaken of it we usually can't stop there, but need more and more to satisfy us. So often not even the guilt of what we are doing can stop us.

We need to remove that temptation before us and turn to God in prayer. God has promised us that He will never give us more than we can bear. Though Satan's promises are deliciously tempting, they are only fleeting while God's promises are eternal.

**Prayer:** Thank God that in His knowledge He gave us the church family because He knew we would need each other for fellowship and encouragement.