

Day 27

Philippians 4.8

2 Corinthians 10.5

1 Corinthians 10.12

Day 27- Defeating Temptation

There is always a way out. Satan will tell you that the temptation is more than you can bear, but he is a liar. The Bible tells us how to overcome temptation.

Think about something else. When we think about things, our mind works towards them. Don't try to sit there and fight your brain, distract it.

Ask others to help you. None of us like to admit we need help, but by telling others about our temptations, it brings them into the light. Pick a close friend or support group who you can trust and develop a relationship where you help each other.

Resist the devil. If we humble ourselves and are right with God, then we don't give Satan a foothold. First, remember that you are saved and a child of God's. Then use scripture that you memorized to counter Satan's attacks. Obviously, if you don't know scripture, you need to challenge yourself to begin memorizing some.

Realize where you are vulnerable. If you have fallen before, don't put that temptation in front of yourself again. Know that every one of us can make mistakes, but don't let your guard down.

Thinking about my purpose:

Know. There is always a way out.

Remember. "God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it." -1 Corinthians 10.13b (NLT)

Think about it. Who could pray for me to help me defeat a persistent temptation in my life? It won't help unless I ask them to pray for me.