

Steps for Fighting Temptation

"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." — 1 Corinthians 10:13

- 1 **Identify your triggers.** What situations, emotions, or environments tend to precede this temptation?
- 2 **Plan your escape route in advance.** "God... will also provide the way of escape" (1 Cor. 10:13) — decide now what you'll do next time.
- 3 **Replace the pattern, don't just resist it.** Fill the void with something good, not just an empty "no."
- 4 **Get accountability.** Tell someone you trust and check in with them regularly.
- 5 **Fight with truth, not just willpower.** Remind yourself what's actually true about God, sin, and forgiveness.