

# How to Overcome Temptation

## By Prayer

"Watch and pray, lest you enter into *temptation*. The spirit indeed is willing, but the flesh is weak." (Matthew 26:41)

"And do not lead us into *temptation*, But deliver us from the evil one..." (Matthew 6:13)

## By the Word of God

"My son, *keep my words*, And treasure my commands within you. Keep my commands and live, And my law as the apple of your eye. Bind them on your fingers; Write them on the tablet of your heart. Say to wisdom, "You are my sister," And call understanding your nearest kin, *That they may keep you from* the immoral woman, From the seductress who flatters with her words." (Proverbs 7:1-5)

### Jesus Used the Word of God

"Then Jesus was led up by the Spirit into the wilderness to be *tempted* by the devil. And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." But He answered and said, "*It is written*, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, In their hands they shall bear you up, Lest you dash your foot against a stone.'" Jesus said to him, "*It is written again*, 'You shall not tempt the Lord your God.'"

Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. And he said to Him, "All these things I will give You if You will fall down and worship me." Then Jesus said to him, "**Away with you, Satan! For it is written**, 'You shall worship the Lord your God, and Him only you shall serve.' " (Matthew 4:1-10)

### **Choose Your Friends Carefully**

"The righteous should **choose his friends carefully**, For the way of the wicked leads them astray." (Proverbs 12:26)

"Do not be deceived: "**Evil company corrupts good habits.**" (1 Corinthians 15:33)

### **Christ is there to Help You**

"For in that He Himself has suffered, being tempted, **He is able to aid those who are tempted.**" (Hebrews 2:18)

"For we do not have a High Priest who cannot sympathize with our weaknesses, **but was in all points tempted as we are**, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." (Hebrews 4:15-16)

"Then the Lord knows how to deliver the godly out of **temptations** and to reserve the unjust under punishment for the day of judgment," (2 Peter 2:9)

"No **temptation** has overtaken you except such as is common to man; but God is faithful, who will not allow you to be **tempted** beyond what you are able, but with the **temptation** will also make the way of escape, that you may be able to bear it." (1 Corinthians 10:13)

## The Example of Joseph

*"Now Joseph had been taken down to Egypt. And Potiphar, an officer of Pharaoh, captain of the guard, an Egyptian, bought him from the Ishmaelites who had taken him down there. The Lord was with Joseph, and he was a successful man; and he was in the house of his master the Egyptian. And his master saw that the Lord was with him and that the Lord made all he did to prosper in his hand. So Joseph found favor in his sight, and served him.*

*Then he made him overseer of his house, and all that he had he put under his authority. So it was, from the time that he had made him overseer of his house and all that he had, that the Lord blessed the Egyptian's house for Joseph's sake; and the blessing of the Lord was on all that he had in the house and in the field. Thus he left all that he had in Joseph's hand, and he did not know what he had except for the bread which he ate.*

*Now Joseph was handsome in form and appearance. And it came to pass after these things that his master's wife cast longing eyes on Joseph, and she said, "Lie with me." But he refused and said to his master's wife, "Look, my master does not know what is with me in the house, and he has committed all that he has to my hand. There is no one greater in this house than I, nor has he kept back anything from me but you, because you are his wife. **How then can I do this great wickedness, and sin against God?**" So it was, as she spoke to Joseph day by day, that he did not heed her, to lie with her or to be with her. But it happened about this time, when Joseph went into the house to do his work, and none of the men of the house was inside, that she caught him by his garment, saying, "Lie with me." But he left his garment in her hand, and fled and ran outside." (Genesis 39:1-12)*