

## Standing Against Temptation

### Description

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Temptation is something we all experience in life. It can be as simple as giving into the urge to eat a piece of chocolate cake or giving in to the urge to lie about something. Whatever the temptation, it is important to be able to stand up against it and do what is right. In this blog post, we will discuss how to stand up against temptation and provide some biblical quotes to help us to stay strong.

#### 1. Acknowledge the Temptation

The first step in standing against temptation is to acknowledge it. When we recognize the temptation, we can take the necessary steps to avoid it. We should also remember that we are not alone in this fight. As it is written in 1 Corinthians 10:13, "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."

#### 2. Pray for Strength

The next step in standing against temptation is to ask for strength and guidance from God. We should pray for strength to resist the temptation and for wisdom to make the right decisions. As it is written in Matthew 26:41, "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

#### 3. Fill Your Mind with Good Things

It is also important to fill our minds with good things. We should focus on the positive and look for ways to stay busy. We should also try to spend time in God's Word. As it is written in Philippians 4:8, "Finally, brothers, whatever is

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true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.â?•

#### 4. Stay Away from Temptation

Another important step in standing against temptation is to stay away from it. We should avoid places and people that may lead us into temptation. As it is written in Proverbs 4:14-15, â??Do not enter the path of the wicked, and do not walk in the way of the evil. Avoid it; do not go on it; turn away from it and pass on.â?•

#### 5. Ask for Help

Finally, we should not be afraid to ask for help. We should reach out to God and to others who can help us to stay strong against temptation. As it is written in James 5:16, â??Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.â?•

These are just a few of the steps we can take to stand up against temptation. We should remember that we are never alone in this fight. God is always with us, and He will provide us with strength and guidance when we need it. As it is written in Isaiah 41:10, â??Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.â?•

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) [If you prayed the above prayers kindly click here to get more information](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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#### Quiz

Q1. What is the first step in standing against temptation?

- A. Pray for strength
- B. Fill your mind with good things
- C. Acknowledge the temptation
- D. Ask for help

Q2. What is the Bible passage in 1 Corinthians 10:13?

- A. "No temptation has overtaken you that is not common to man."
- B. "Watch and pray that you may not enter into temptation."
- C. "Finally, brothers, whatever is true, whatever is honorable, whatever is just"
- D. "Fear not, for I am with you; be not dismayed, for I am your God"

Q3. What should we do to stay away from temptation?

- A. Spend time in God's Word
- B. Focus on the positive
- C. Avoid places and people that may lead us into temptation
- D. All of the above

Q4. What is the Bible passage in James 5:16?

- A. "Do not enter the path of the wicked, and do not walk in the way of the evil"
- B. "Therefore, confess your sins to one another and pray for one another, that you may be healed"
- C. "No temptation has overtaken you that is not common to man"

D. â??Fear not, for I am with you; be not dismayed, for I am your Godâ?•

Q5. What is the Bible passage in Isaiah 41:10?

A. â??Do not enter the path of the wicked, and do not walk in the way of the evilâ?•

B. â??Therefore, confess your sins to one another and pray for one another, that you may be healedâ?•

C. â??Finally, brothers, whatever is true, whatever is honorable, whatever is justâ?•

D. â??Fear not, for I am with you; be not dismayed, for I am your Godâ?•

Answers: C, A, D, B, D

### Discussion Questions

1. What are some other ways to stand up against temptation?
2. How can we use the Bible to help us in our fight against temptation?
3. How can we use prayer to help us stay strong against temptation?
4. What can we do to stay away from temptation?
5. What are some practical steps we can take to help us stand up against temptation?

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