



Heavenly FATHER,

I come before YOU acknowledging that temptation is real and ever present. In this world where sin is normalized and sexual immorality is glorified, I need YOUR strength to remain pure in heart, mind, and body. LORD, YOU know my struggles, my weaknesses, and the battles I face daily. I bring them before YOU honestly, because I know that hiding nothing from YOU brings freedom.

YOUR Word says in 1 Corinthians 10:13 that no temptation has overtaken me except what is common to mankind, and that YOU are faithful and will not let me be tempted beyond what I can bear, but YOU will also provide a way out so that I can endure it. Help me to recognize the way of escape that YOU provide and give me the courage and discipline to take it. Strengthen my resolve to flee from temptation rather than flirt with it.

LORD, purify my thoughts. I know that sin begins in the mind before it becomes an action. Guard my eyes from lustful images, my ears from ungodly influences, and my heart from desires that are not of YOU. Psalm 119:9 says, "How can a young man keep his way pure? By living according to YOUR Word." Help me to saturate my mind with YOUR truth so that my heart stays aligned with YOUR will.

I repent for any ways that I have entertained impurity, whether through actions, thoughts, or media. Wash me clean with the blood of JESUS, and renew a right spirit within me. LORD, help me to see myself and others through YOUR eyes, not as objects of desire but as people made in YOUR image, worthy of honor and respect.

Surround me with accountability and community that encourages holiness. Help me to walk in the light, bringing my struggles into the open with trusted believers, so that the enemy loses his power to isolate and condemn. Remind me daily that my body is the temple of the Holy Spirit and that I have been bought with a price.

FATHER, teach me to rely on YOUR strength, not my willpower. Help me to walk by the Spirit, so that I will not gratify the desires of the flesh (Galatians 5:16). When temptation comes, remind me of the victory I already have in CHRIST. Give me a hatred for sin and a deep love for righteousness.

Thank YOU, LORD, for YOUR mercy and grace that forgives and empowers. I choose today to walk in purity, knowing that YOU are with me every step of the way.

In JESUS' name, amen.

## **Scripture References:**

1 Corinthians 10:13, Psalm 119:9, Galatians 5:16, 1 Corinthians 6:19-20