

# 10 TOOLS

## To Fight Temptation

1. **Prayer** - Make quality time to spend talking with our God and Savior. This is the top tool for fighting temptation. Before praying about your situation and requests, start with praying The Lord's Prayer. Put the Lord's Prayer in your own words back to God. Jesus gave us this great foundation for a reason. (Luke 22:40)
2. **Read the Bible** - The Bible gives us instruction and the example we need to navigate through this life. Our Bible is something that we must prioritize to read on a daily basis. It is God speaking to us through this powerful love letter. Reading the Bible builds *spiritual muscle*. (Romans 10:17)
3. **Fasting** – What did Jesus do for 40 days before being tempted? He fasted! Bringing it closer to home, have you ever heard of someone sinning while they were fasting? This is a very powerful tool in fighting the enemy. There are several ways you can fast. Any way you decide to fast, make sure to pray when you fast. (Matthew 4:12)
4. **Get an Accountability Partner** - Find a friend that is close to you. Ask him to hold you accountable for the things you struggle with. This is not easy! But if he truly is a friend, then he will ask you the tough questions that will help keep you from acting on sinful desires. (James 5:16)
5. **Live your life like there are hidden cameras everywhere** - God sees everything we do. He knows our thoughts as well. The next time you are tempted by your natural (the body) desires, give careful consideration to all those real-time cameras watching you. God is watching you and the decisions you make. (Jeremiah 23:24)
6. **Don't Believe The Greatest Lie Ever Told** - Eve was convinced that if she ate the forbidden fruit she would NOT surely die. This is the oldest lie in history, told by the oldest liar in history. When temptation starts, and it becomes a desire, before acting on that desire, think to yourself, "what if I stop breathing and my heart stops beating while acting on this desire?" Would I still do it? (Gen 3:4)
7. **Gouge an Eye Out** – Let's face it, gouging an eye out would keep us from looking in the wrong direction. But rather than physically gouging out an eye, you can virtually do this by avoiding certain places, not reading certain publications, and not viewing inappropriate shows or websites. It is basically avoiding what may cause temptation in the first place. (Matthew 5:29)
8. **Surround Yourself With the THINGS of the Lord** - We have so many distractions in this world that can keep us from God. When we let these distractions consume us, that's the time when we are most likely to yield to our temptations. To combat this, surround yourself with the things of the Lord. The books you read, the things you watch, and the music you listen to should draw you closer to God and not away from Him. (James 4:8)
9. **Think Before You Act** - *Jesus could come at any time!* Do you believe that? When you are faced with a decision at any level, ask yourself, "what if Jesus comes?" So when you are deciding what to do today, or where to go, or who to do it with, stop and think to yourself, "what if Jesus comes while I'm doing this?" (Matthew 25:13)
10. **Make a Commitment** - Summarize your commitment to fighting temptation in one sentence. Make it personal and make it your guiding principle to living life every day. (Job 31:1)