

## **Seven Keys To Overcoming Temptation**

**RESIST and SUBMIT** *Submit yourselves, then to God. Resist the devil and he will flee from you. (James 4:7)*

**There comes a time when you have to have enough godly boldness to stand up to the devil and say, “I’m not going to take this any more!” “I am not going to let you destroy my reputation!” “I am not going to let you destroy my marriage!” “I am not going to let you destroy my family!” etc.**

**READ THE WORD DAILY** *I have hidden Your word in my heart that I might not sin against You.” (Psalm 119:11)*

**The Word of God is the truth. And when you know the truth it sets you free from Satan’s lies that blind and bind.**

**REMOVE YOUR SOURCE OF TEMPTATION** *“If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.” (Matthew 5:29)*

**Do you hang out with friends who lead you down a sinful path? Get some new friends! *Bad company corrupts good morals. (I Corinthians 15:33)***  
**Do you need to get rid of something in your cabinets? In your closet? Between your mattress and box springs? Do you need to cancel your Internet? Your satellite or cable subscription?**

**REFLECT ON THE COST OF YOUR SIN** *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)*

**There is always a payday for sin! *Be sure your sin will find you out!***  
**Payday may not come immediately, but it will always come!**

**RECKON YOURSELF DEAD TO SIN** *In the same way count yourselves dead to sin, but alive to God in Christ Jesus. (Romans 6:11)*

**Victory over sin comes when you realize your position as a child of God and a joint heir with Jesus Christ!**

**RECRUIT A TRUSTED ACCOUNTABILITY PARTNER**    *Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. (Ecclesiastes 4:12)*

**One of the most common reasons we struggle with sin is because we are ashamed and embarrassed to admit our weakness to anyone. We don't want anyone to think of us as a "weak Christian." So instead of asking for help we suffer alone.**

**Sometimes having a trusted Christian friend we can confide in in complete confidence helps us through our struggles.**

**REMEMBER YOU HAVE A POWER GREATER THAN SATAN LIVING WITHIN YOU!**    *The One who is in you is greater than the one who is in the world. (1 John 4:4)*

**God has not left us alone in our struggle against temptation and sin. God's Holy Spirit lives within us to empower us, strengthen us and lead us through Satan's landmines of temptation!**

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### **Survey on Temptation**

**According to a recent survey conducted by DISCIPLESHIP JOURNAL here are the sources of greatest temptation facing Christians. Ranked in order.**

- 1. Materialism**
- 2. Pride**
- 3. Self-centeredness**
- 4. Laziness**
- 5. Anger**
- 6. Bitterness**
- 7. Sexual lust**
- 8. Envy**
- 9. Gluttony**
- 10. Lying**

**Survey respondents noted that temptations were more potent when they neglected their time alone time with God (81%) and when they were physically tired. (57%) Respondents also said resisting temptation was accomplished through prayer (84%) avoiding compromising situations (76%) , Bible study (66%) and being accountable to someone (52%)**

