

5 Ways for Resisting Temptation

- **Be ALERT**

1 Peter 5:8-9

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

- **AVOID tempting things/situations**

Psalm 1:1-2

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night.

- **ABIDE in Christ**

Ephesians 6:10-11

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

- **ACKNOWLEDGE others' struggles & consequences**

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

- **ANTICIPATE victory**

1 John 4:4

You are of God, little children and have overcome them, because He who is in you is greater than he who is in the world.