

Resist Temptation

God is strong and He makes me strong. My strength comes from His mighty power and is available to me through His Spirit. The power of God working in me is the same power God the Father used to raise Jesus from the dead; and His power prepares me for every spiritual battle I will face on this earth.

In order to resist the enemy and his temptations in this world, I choose to put on the full armor of God today and every day of my life. I know that by the power of Christ in me I will stand strong. First, I put on the belt of truth; it is the foundation for living in victory as a follower of Jesus. He is Truth, and His Word is Truth and my character reveals His Truth in me. When the enemy attacks me with his lies and tries to convince me I am not who God says I am, I will stand on the Truth that comes from God through faith in Jesus. He has made me righteous.

With Jesus' peace as my shoes, I am fully prepared for this day and I will march on regardless of the enemy's efforts to tempt me with fear and worry. The peace of Christ Jesus guards my heart and mind. My shield and protection through all things is faith: my complete reliance on God and my willingness to do His will. I believe in and trust His promises at all times and know He will do all He has promised. I have the assurance of salvation to protect my thoughts when I am tempted with doubt. Wielding the sword of the Spirit, the Word of God, I have the power to send the enemy away when he tempts me. I will resist him and all his temptations in the same way Jesus did; I will remind him of God's Word.

God is strong and He makes me strong. He gives me the strength to resist all temptations of the enemy. Today I choose to submit to Jesus and acknowledge His authority in my life and as I do He empowers me with His Spirit to please Him. I am continuing to grow closer in relationship to God and as a result I am distancing myself from Satan and resisting temptation to sin.

I will not allow the enemy to have any footholds in my life. Where there is sin I will confess it to Jesus, knowing He forgives me and gives me the power to stop living in sin. God is at work in my life and He is giving me the strength I need to resist all temptation. I am choosing to rely on God's Spirit to give me the power to resist all temptation today.

God is strong and He makes me strong. He will never allow me to experience more than I can handle.

Study: Resist Temptation

Day 1: Satan is Our Enemy - *Ephesians 6:10-12* (Page 989); *Genesis 3:1-6* (Page 4)

Day 2: How to Resist the Devil - *James 4:7-8* (Page 932); *Proverbs 3:5-6* (Page 482)

Day 3: Temptations Will Come - *1 Corinthians 10:12-13* (Page 876); *Proverbs 14:27* (Page 490)

Day 4: Trust the Holy Spirit to Lead You - *John 16:13-15* (Page 824); *Psalms 56:3-4* (Page 438)

Day 5: Giving in to Temptation is Deadly - *James 1:12-16* (Page 930)

Day 6: Life in the Spirit - *Romans 8:9-14* (Page 862)

Day 7: Jesus was Tempted too - *Hebrews 2:18* (Page 921); *Hebrews 4:15* (Page 922); *Mark 14:36* (Page 776). Read the *Daily Reading* once again and highlight things that stand out. Answer the three Life Transformation questions for growth in this area. Take time to learn the memory verse.

Memory Verse: James 4:7 *"So humble yourselves before God. Resist the devil, and he will flee from you."* James 4:7

Life Transformation Questions:

1. As you read the *Daily Reading*, what stood out and why?
2. What action will you take to apply this truth? Be specific.
3. What areas of your life will benefit from this action? How and why?