

The Temptation Takedown

God helps us choose what's better, even when it's hard.

Time:
7-10 minutes

Focus:
Temptation, Self-Control,
God's Word

Scriptures

James 1:14-15
1 Corinthians 10:13
Galatians 5:22-23
Matthew 4:1-11

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to help you recognize your temptations and give you the strength to choose what's right, even when it's hard.

Thought starter

Temptation whispers to us to choose what's easy and to give in to what feels good. But God made us for more. We don't have to be enslaved to our impulses—we can be free when we trust God more than our feelings.

Here's what you'll learn in this quick quiet time:

- Temptation often comes from inside us, not outside.
- God will help us with impulse control. We're not alone in our struggles.
- Honesty and God's Word are powerful weapons for overcoming temptation.

Temptation starts in the heart.

James 1:14-15 NIV

But each person is tempted by their own evil desires. These desires lead them on and drag them away. [15] When these desires are allowed to remain, they lead to sin. And when sin is allowed to remain and grow, it leads to death.

1 Corinthians 10:13 NIV

You are tempted in the same way all other human beings are. God is faithful. He will not let you be tempted any more than you can take. But when you are tempted, God will give you a way out. Then you will be able to deal with it.

Galatians 5:22-23 NIV

But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful [23] and gentle and having control of oneself. There is no law against things of that kind.



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Notes:



Truth bomb: All of us face temptation — it's what we do with it that matters.

- Temptation itself isn't sinful, but giving in to it leads us away from God and his peace and purpose.
- Our own desires often lead us into temptation. It's easy to blame others when we feel guilty. However, the fault lies with us, not with anyone else.
- God gives us ways out when we feel tempted.
- Honesty, prayer, the Bible, and friendships are all ways we can overcome temptation before it overcomes us.
- Self-control is a fruit of the Spirit. It grows when we stay close to Jesus.

Reflect

- What tempts me most often?
- Do I blame others when I feel guilty?

Write it down

Write down one area where you want to grow in self-control.

Pick one small temptation you usually give in to and choose a different response today.

We can fight back with God's Word.

Before continuing, read this full passage and circle, underline, or highlight any words that stand out to you.

Matthew 4:1-4 NIV

The Holy Spirit led Jesus into the desert. There the devil tempted him. [2] After 40 days and 40 nights of going without eating, Jesus was hungry. [3] The tempter came to him. He said, "If you are the Son of God, tell these stones to become bread." [4] Jesus answered, "It is written, 'Man must not live only on bread. He must also live on every word that comes from the mouth of God.'" (Deuteronomy 8:3)

Truth bomb: Jesus was tempted, too. God's Word got him through.

- In this story, Jesus was tempted by Satan after 40 days of fasting. Satan offered him shortcuts, power, and comfort.
- But Jesus responded with Scripture every time.
- This powerful decision put an end to all of Satan's tricks. It also shows us how we can use God's Word to fight against temptation, just like a powerful weapon.
- Like Jesus did, we can find Scriptures that we choose to believe and obey over our emotions.
- Writing down these Scriptures on our phones or a piece of paper and choosing to obey them throughout the day is one way we can use the Bible as a weapon against temptation.

Lightbulb moment: Temptation often comes when we're tired, lonely, stressed, or discouraged. But like Jesus, we can respond with biblical truth—not just willpower.

Notes:

 **Reflect**

- When do I feel weakest and most tempted?
- What lie does temptation try to sell me?
- What truth can I hold onto instead?

 **Respond**

Write down one Bible verse that helps you fight temptation.
Text a friend and tell them your goal. Ask them to keep you accountable.

 **Final thought**

God's Word is our weapon against temptation. Self-control doesn't come from how strong we are, but how strong our connection to God is. We can fight temptation like Jesus did when we use the Bible.

**Share the inspiration!**

Save this phone wallpaper and share it with a friend.

