

Prepare for Temptation

Decide how to handle temptation before it comes. Proverbs 22:3 says, "The prudent sees the evil and hides himself. . ." Temptation is easier to face if we have decided in advance how to respond to it.

Think through (and list) those situations of temptation that you are likely to face and plan a BIBLICAL response to each one. A plan for biblical response to temptation may include the following items:

1. Recognize and acknowledge in the earliest stages of temptation that you are being tempted. (Examine your thinking, desires, attitudes, and behaviors).
2. Quickly ask God for His help to resist (Ps 50:15; 34:4-6; Is 40:31).
3. If possible, remove yourself immediately from the source of temptation (1Cr 6:18; 1Cr 10:14; 1Ti 6:11, 2Ti 2:22).
4. Identify the unbiblical desire that would be served by yielding to the temptation (1 Jn 2:15-17).
5. Quote and meditate on appropriate Scripture.
6. Remind yourself of God's presence, power, and promises (Gen 39:8; 2Cr 9:8; Eph 3:20-21; 1Cr 10:13; Jud 1:24; 2Pe 1:3-4; Hbr 13:5).
7. Reflect on the purpose of Christ's death (Gal 1:4; 1 Pet 2:24; Tts 2:11-13; 2 Co 5:14-15).
8. Mentally and verbally make a commitment to do the godly thing.
9. Get busy with a mind-engaging, godly activity.
10. Call a friend and ask for help.
11. REPEAT key aspects of this temptation plan until the power of temptation is reduced.
12. Actively review your preparation DAILY and as needed, seeking God's help and reviewing what is true in advance, when not tempted.

Recovery Plan

(What to do with failure plan—2 Co 7:9-13)

1. Call unbiblical desires, thoughts, feelings, and actions what God does—SIN.
E.g., what was I not believing about God?
What lies was I believing? (Ph 4:8; Jn 6:29)
What/whom was I loving, treasuring, serving? (Jn 14:21; 1 Co 10:14)
What/whom was I trusting and obeying? (Pr 3:5-6)
2. Take full responsibility for the sin.
3. Confess the sin, both to God and to any others who were hurt (1 Jn 1:9; Pr 28:13).
4. Ask God for help in not doing it again (1 Co 10:13-14).
5. Remind yourself what Christ has done and is doing for you. (*The blue "New Creation" pamphlet will be a helpful resource for steps 5-7.*)
6. Reflect on the resources available to believers in Christ.
7. Meditate on God's promises of forgiveness and deliverance from the power of sin.
8. Accurately evaluate the changes that have already occurred and the progress that has been made.
9. Learn from failure by *briefly* examining what you did that you should not have done and what you did not do that you should have done.
10. Make restitution where necessary.
11. Purpose to put the past behind you in a biblical way and to resume your efforts to change in a godly manner (Phil 3:10-14; Ps 32; 103:12; Isa 43:25; 44:22; Mic 7:19; 1 Jn 1:9; Pr 28:13; Ep 1:7).