

Grace Evangelical Free Church
Issues & Answers: Overcoming Temptation

Points in addressing temptation:

1. **Recognize it early:** Call out the temptation quickly instead of entertaining it
2. **Pray immediately:** Ask God for help, strength, and a way out
3. **Quote Scripture:** **1 Corinthians 10:13**, **Matthew 4:1–11**, or **Psalms 119:11**
4. **Remove access:** Step away from the person, place, app, or thought pattern that fuels it
5. **Replace the thought:** Shift to something true, good, and helpful —worship, reading a devotional, listening to hymns/music or purposely contact someone to engage.
6. **Tell someone trustworthy:** Confess it to a mature Christian friend who can check in with you
7. **Make a practical plan:** If it keeps up set boundaries, change routines, avoid triggers
8. **Keep short accounts with God:** Confess quickly, receive forgiveness, carry on as opposed to brooding in guilt and self-contempt hindering your spiritual health.

7-Step Bible Plan for Dealing with Temptation

Step	Focus	Scripture	Action
1	Recognize the battle	James 1:13–15	Write down your biggest temptation and its usual trigger.
2	Seek God first	Matthew 26:41	Pray morning and night: “Lord, keep me alert and strengthen me.”
3	Use Scripture	Psalms 119:9–11	Memorize one verse and repeat it when tempted.
4	Flee, don’t linger	1 Corinthians 10:13	Identify one exit strategy for your main trigger.
5	Replace the desire	Philippians 4:8	Fill the empty space with worship, service, music, or Scripture.
6	Walk with others	Eccles. 4:9–10	Tell one trusted believer and ask them to pray with you.
7	Confess and restart	1 John 1:9	Reflect, confess failures, thank God for grace and forgiveness then set out on a renewed course for the week to come.

A simple daily rhythm:

- Morning:** pray and fortify by reading Scripture/devotional
- During temptation:** stop, pray, quote Scripture, leave the situation
- Evening:** review the day honestly with the Lord

Reverend Tony Raker
Grace Evangelical Free Church, 718 E. Queen Street, Strasburg, VA 22657
tonyraker@yahoo.com / www.graceevfreechurchva.org