

⁶ *In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.* ⁷ *These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.* ⁸ *Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,* ⁹ *for you are receiving the goal of your faith, the salvation of your souls.*
1 Peter 1:6–9

Remember, God will not give you too much to bear.
No temptation has seized you except what is common to man. 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 stand up under it.
1 Corinthians 10:13

Run from temptation.
¹⁰ *And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her.* ¹¹ *One day he went into the house to attend to his duties, and none of the household servants was inside.* ¹² *She caught him by his cloak and said, “Come to bed with me!” But he left his cloak in her hand and ran out of the house.*
Genesis 39:1–12

After You have Fallen into Temptation

Confess your sin to the Lord.
If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 John 1:9

Take it to Jesus, the Righteous One.
¹ *My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One.* ² *He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.*
1 John 2:1–2

Reprints allowed without changes

Scriptures taken from the *Holy Bible, New International Version® NIV®*
Copyright © 1973, 1978, 1984 by International Bible Society.
Used by permission. All rights reserved worldwide.

Scripture Prayer Guide Using the Word of God To Pray To Overcome Temptation

...Using the *New International Version* of the Bible...

Before You are Tempted

Soak up God's Word.
⁹ *How can a young man keep his way pure? By living according to your word.* ¹⁰ *I seek you with all my heart; do not let me stray from your commands.* ¹¹ *I have hidden your word in my heart that I might not sin against you.*

Psalm 119:9–11

Put on the full armor of God.
¹⁰ *Finally, be strong in the Lord and in his mighty power.* ¹¹ *Put on the full armor of God so that you can take your stand against the devil's schemes.* ¹² *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.* ¹³ *Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.* ¹⁴ *Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,* ¹⁵ *and with your feet fitted with the readiness that comes from the gospel of peace.* ¹⁶ *In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.* ¹⁷ *Take the helmet of salvation and the sword of the Spirit, which is the word of God.*
Ephesians 6:10–17

Take your thoughts captive.
³ *For though we live in the world, we do not wage war as the world does.* ⁴ *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.* ⁵ *We demolish arguments and every pretension that sets itself up against the knowledge of God,*

and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:3-5

Pray.

¹⁸ *And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.* ¹⁹ *Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel,* ²⁰ *for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.* Ephesians 6:18-20

³⁷ *Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Could you not keep watch for one hour?"* ³⁸ *Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."* Mark 14:37-38

Set and keep your limits.

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Daniel 1:8

"I made a covenant with my eyes not to look lustfully at a girl." Job 31:1

Determine to do God's will.

³ *It is God's will that you should be sanctified: that you should avoid sexual immorality;* ⁴ *that each of you should learn to control his own body in a way that is holy and honorable,* ⁵ *not in passionate lust like the heathen, who do not know God;* ⁶ *and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you.* ⁷ *For God did not call us to be impure, but to live a holy life.* 1 Thessalonians 4:3-7

While you are being Tempted

Recognize where temptation comes from

¹³ *When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone;* ¹⁴ *but each one is tempted when, by his own evil desire, he is dragged away and enticed.* ¹⁵ *Then, after desire has*

conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. James 1:13-15

Respond with God's Word.

[It is written:..., It is written:..., It is written:....]
Matthew 4:4, 6, 10

Do not persist in anger.

⁶ *Then the Lord said to Cain, "Why are you angry? Why is your face downcast?"* ⁷ *If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."* Genesis 4:6-7

Don't fear or be anxious in difficult circumstances.

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. 2 Timothy 1:7

⁷ *Cast all your anxiety on him because he cares for you.* ⁸ *Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.* ⁹ *Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.* 1 Peter 5:7-9

Take it to Jesus who faced and overcame temptation.

¹⁴ *Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess.* ¹⁵ *For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.* ¹⁶ *Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* Hebrews 4:14-16

Submit yourself to God and resist the devil.

Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:7

Remember, the Lord is testing your faith.

³¹ *"Simon, Simon, Satan has asked to sift you as wheat.* ³² *But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers."* Luke 22:31-32