

Prayers to Resist Temptation

 Be sure to pray and declare out loud.

Prayer

Father, whenever I'm being tempted to sin, I run straight to you. You love me and every thought you have toward me is for my good. You will help me.

Jesus, I come to you for help right now because I'm being tempted with the sin of _____. I pray that you will preserve me and help me to walk in your holiness.

It is written: "God is faithful; he will not let me be tempted beyond what I can bear. But when I am tempted, he will provide a way out so I can endure it." 1 Cor 10:13

It is written: "Submit yourselves to God. Resist the devil, and he will flee from you." James 4:7

Lord, I submit my body and mind to you. I realize the power to overcome sin doesn't come from trying harder to discipline myself in the flesh. It comes from the power of your Holy Spirit. So right now, I ask your beautiful Holy Spirit to come upon me with fire and power. I thank you that I am a child of God, and my body is literally the housing for your Spirit. The same power that raised Christ from the dead lives in me. Through the blood of Jesus, I wear a robe of righteousness, and I am pure and holy in your sight. I am anointed, called by God, and destined to help others overcome this sin.

I will not fall back into this sin, in Jesus' name. I have the ability to choose, and I say NO. I command this temptation to flee from me in Jesus' mighty name.

I will also not give into condemnation and shame, because God never uses shame to try to make me obey. Shame is not a legitimate way to overcome sin. His power, presence, love, and grace is.

Thank you, Father. I love you.

WorkSheet

Why is this bad for me?

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What arguments is the enemy using to tempt me?

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My plan for when temptation comes:

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