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# 1



## THE JOURNEY TO VICTORY

*This Workbook* , is a guide designed to help you navigate the challenges and struggles that young people often face on their journey with Christ. In a world full of distractions and pressures, it's easy to find ourselves tempted by things that pull us away from our faith and values. Whether it's the appeal of sexual temptation, the pride of wanting to be seen or admired, or other struggles that may seem overwhelming, the battle is real.

But there is hope. This workbook offers reflections and thought-provoking questions to guide you towards freedom and victory. You will find the tools necessary to face these temptations with strength and perseverance, and gain insights from biblical examples of faith and resilience. My hope is that you'll discover the power of relying on God's Word, trusting in His strength, and standing firm against the enemy's tactics. As you reflect on these lessons, the questions and exercises provided will help you process your own struggles and find the path to complete liberty. By the end of this workbook, you will be better equipped to fight and win the battle against temptation, living a life that is free, bold, and unwavering in Christ. The journey to victory begins now. Let's walk it together.

Remember to stay Deeply Rooted ,  
With Love,  
Damilola Adelani



## TEMPTATION

**T**emptation itself is not a sin. it's the desire to act on it that can lead us into sin. That's why we need to stay vigilant, recognizing the areas where we're most vulnerable and guarding our hearts. Proverbs 4:23 reminds us to "Above all else, guard your heart, for everything you do flows from it." The more we cultivate a heart that desires God's will above all else, the less power temptation will have over us.

It's also important to recognize that when we're faced with temptation, we're not fighting alone. God gives us the strength to resist and the wisdom to recognize when we're being enticed by our own desires. In 1 Corinthians 10:13, we're reminded that "No temptation has overtaken you except what is common to mankind. 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 endure it." God is always there, providing us with the strength and the way out.

The fight against temptation is real, and it's ongoing. Satan is relentless, and he doesn't give up easily. But as you said, we have to resist, fight, and never give in. The more we actively resist,

the more Satan will flee from us, just as James 4:7 says: “*Submit yourselves, then, to God. Resist the devil, and he will flee from you.*”

It’s not a one-time battle; it’s a continual fight. But every time we resist, we grow stronger in our faith.

**REFLECTION:**

What has helped you most in recognizing and resisting those tempting moments when they appeal to desires that you’ve been holding onto?

## TEMPTATION: A REAL AND POWERFUL ENEMY

**Read James 1:13-15**

*THE MESSAGE TRANSLATION*

**13-15** Don't let anyone under pressure to give in to evil say, "God is trying to trip me up." God is impervious to evil, and puts evil in no one's way. The temptation to give in to evil comes from us and only us. We have no one to blame but the leering, seducing flare-up of our own lust. Lust gets pregnant, and has a baby: sin! Sin grows up to adulthood, and becomes a real killer.

*Temptation is a powerful and very real tool the enemy uses against us, and it's definitely not something to be trivialized. It can be so subtle, yet incredibly dangerous, because it often plays on our own desires, our weaknesses, and our natural inclinations.*

*Temptation is so effective precisely because Satan knows how to appeal to our hearts and minds. He doesn't tempt us with something that feels foreign or repulsive; he comes at us with what we've already been*

*desiring—whether it's pride, lust, control, approval, or something else. Satan doesn't need to make us want things that we have no desire for—he simply plays on the things that have already taken root in our hearts. That's why it's so important to be aware of what we're feeding our minds and hearts, because the enemy will often use our desires against us.*

*Our desires are not inherently evil—they can be good things that God has designed, like love, security, or fulfillment. But when those desires become disordered or take precedence over God's will for us, they open the door for temptation. The enemy doesn't force us to sin; he simply creates situations where our unguarded desires are enticed, leading us to act in ways that don't honor God. earlier can be defined as the desire to do something wrong or unwise. temptation is not to be trivialized. it is a powerful tool the enemy uses. Here in this verse we see that we are also a part of the problem. Satan never tempts you with what you don't want. He comes with what you've been desiring, what you've been wanting.*

## 4

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### REFLECTION

• **List 3 common temptations** you face in your everyday life (e.g., peer pressure, social media distractions, unhealthy habits, dishonesty, anger, etc.).

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2.

3.

• **How do these temptations make you feel?** Do you feel controlled by them, or do you feel you can resist them?

• **What do you think these temptations appeal to?** (For example, pride, pleasure, fear, insecurity)

## THE PROCESS OF TEMPTATION

**J**ames teaches that temptation starts with our desires. Here's a helpful visual of how temptation works:

### 1. **Desire**

Temptation starts with a desire or longing for something (it may be good or bad in itself, but in this case, it leads to sin).

### 2. **Enticement**

The desire is then "enticed" or pulled in a way that seems appealing or fulfilling.

### 3. **Sin** (Romans 6:23)

When we give in to that desire, it becomes sin.

### 4. **Death**

**When sin is left unchecked, it brings destruction.**



## 6

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### REFLECTION

**A**ctivity:

Using the diagram below, think about the last temptation you faced. How did it start? Write down what happened in each of these stages.

Example:

Desire: Wanting approval from others.

Enticement: Agreeing with a group even when it's wrong to fit in.

Sin: Lying to cover up your actions.

Death: Loss of trust and damaged relationships.

**Desire** →

**Enticement** →

**Sin** →

**Death**



## THE BATTLE FOR YOUR HEART

**Read James 4:1-3**

“What causes fights and quarrels among you? Don’t they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.”

Our hearts can be deceitful, and unchecked desires, especially lustful or selfish ones, can easily lead us astray. Jeremiah 17:9 says, *“The heart is deceitful above all things and beyond cure. Who can understand it?”* This verse highlights just how easily our hearts can mislead us, convincing us that what we desire is what’s best for us when, in reality, it can lead to destruction. It’s not just about what we want; it’s about whether what we want is in alignment with God’s will for us.



When our desires are unchecked, they can take root in our hearts, grow into unhealthy cravings, and eventually lead us into sin. We can easily find ourselves in situations where we're willing to do anything to fulfill those desires—whether that's chasing after approval, material gain, or even indulging in things like lust. The enemy knows how to use these unchecked desires to lure us into temptation, and when we act on them, we end up trapped.

## SURRENDER YOUR HEART

That's why surrendering our hearts to Jesus is so crucial. He's the one who can purify our desires and transform them into something that reflects His will. Psalm 37:4 says, *"Take delight in the Lord, and He will give you the desires of your heart."* When we surrender our hearts to Jesus, we align ourselves with His purposes, and He places in us the desires that are good, pure, and aligned with His perfect will. Our desires shift from selfishness to a longing for what God wants for us.

Surrendering to Jesus isn't about losing ourselves—it's about finding ourselves in Him. We no longer have to chase after the fleeting pleasures or desires of this world; instead, we begin to desire what is eternal, fulfilling, and righteous. Jesus changes our hearts from the inside out, and through the power of the Holy Spirit, He gives us the strength to resist temptation and to live in a way that honors Him.

It's a continual process—laying down our desires and choosing to follow God's will. And even when we fall, we know that Jesus is there, ready to help us get back on track and renew our hearts. It's not about perfection; it's about surrender and trust in His ability to transform us.

**This verse is a reminder that our heart is deceitful and it can lead us astray! lustful desires put us in a place where we would do anything to get it. the source of temptation is usually our unchecked desires. these selfish desires ultimate leads to us falling into temptation. it is important to surrender our hearts to Jesus so He can give us the desires of his heart.**

## 9



### REFLECTION

- How do selfish desires and the battle within us contribute to our temptations?

- How might you be tempted by desires that distract you from God's will for your life?

- Why do you think James says we often don't receive what we ask for? How does asking with the wrong motives affect our relationship with God?

*Think of a recent situation where you faced temptation, whether in your relationships, desires, or actions.*

- What desires within you led to that temptation?

- How can you bring those desires before God and ask for help in overcoming them?

## PERSEVERING IN FAITH: STANDING FIRM AGAINST THE ENEMY

Satan is the father of lies, and his main strategy is to deceive and condemn us into believing that we are powerless to change. He wants us to give up, to think that God's grace isn't enough or that we're beyond redemption, but those are all lies. The truth is, Christ has already won the victory over sin and death. When Jesus died on the cross, He broke the chains of sin's power over us. His sacrifice means that we no longer have to live in defeat. We don't have to give in to temptation, and we don't have to stay trapped in cycles of failure.

Romans 6:6-7 reminds us of this truth: *"For we know that our old self was crucified with Him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been set free from sin."* Jesus didn't just die for us to forgive our sins; He died to set us free from the power of sin. We are no longer slaves to sin. We are free, and that freedom is ours to walk in every single day.

Many people give up too easily because of a lack of knowledge. Satan's lies often work because we don't fully understand the authority we have in Christ. If we don't know what's been made available to

us, it's easy to feel defeated and give in. That's why it's so important to know the Word of God and stand on His promises. When we understand the truth, we're able to resist the lies of the enemy and walk in the power that Christ has given us.

**When Satan whispers, *"You've messed up too many times. God won't forgive you this time,"* we can stand firm and declare, *"No, I am forgiven. Christ has set me free. I am more than a conqueror through Him who loved me."* The Bible says in Romans 8:1, *"Therefore, there is now no condemnation for those who are in Christ Jesus."* This is a promise we can cling to. Satan will try to condemn us, but God's grace covers us. He's not counting our sins against us, and He's not waiting for us to fail. He's waiting for us to stand in His grace and take hold of the power He's given us to overcome**



## REFLECTION

The key is to **believe** in the power that's been given to us through Christ. We must believe that the work Jesus did on the cross is enough to give us victory over sin and temptation. The lies of Satan will always be there, but God's truth will always be stronger.

**Search through the bible and write down bible verses  
that help you in times of temptations !**

### Galatians 5:16

*"So I say, walk by the Spirit, and you will not gratify the desires of the flesh."*

- Walking by the Holy Spirit empowers us to resist the desires of the flesh and the temptations that come with them.

### GIVE IT A TRY

2.

3.

4.

## OVERCOMING TEMPTATION THROUGH PATIENCE

**R**ead James 5:7-8

“Be patient, then, brothers and sisters, until the Lord’s coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord’s coming is near.”

*Patience is an important virtue in God’s kingdom. waiting on God is an action word, while we wait, we are learning more about ourselves and God. As we wait, we get direction. at times we fall into temptation simply because we don’t wait on God’s timing. Temptation earlier can be defined as the desire to do something wrong or unwise. Many people fall into temptation simply because they don’t want to wait for God’s time. temptation does not yield any good fruit. It leads to sin which ultimately leads to death and eternal separation from God.*

*Waiting* is not just a passive act, but an active process where we are growing, learning, and being shaped. Waiting on God requires faith, trust, and surrender, acknowledging that His plans are always for our good, even when the answers or outcomes are delayed. When we rush ahead, trying to take matters into our own hands, we often miss out on the deeper lessons and blessings that waiting patiently can bring.

## REFLECTION

Temptation, often arises in moments of impatience, when we feel the need to act before it's time. But the consequences of yielding to that temptation can be far-reaching, leading us away from God's perfect will for our lives.

- How is patience necessary for resisting the temptation to rush things or take matters into our own hands?
- How can waiting on God's timing strengthen your faith and help you resist temptations to act impulsively?
- What caused that temptation, and how could you have responded differently with patience and faith in God?

***Prayer***

God help me to be patient even when things get hard. help me to know you have given me the Holy Spirit who will guide me and help me to find a way out.

## WATCH YOUR MOUTH

**R**ead James 3:1-5

*“Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.” “When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example: Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.”*

**James 3 emphasizes the power of the tongue and the wisdom from God that helps us overcome**

temptation. In moments of temptation, our words can either bring harm or healing. Wisdom from God helps us to resist harmful speech and act in ways that honor Him, especially in the face of challenges and temptations. James 3 is a powerful chapter that highlights the weight and influence of our words. It paints a clear picture of how the tongue, though small, can steer the course of our lives, just like a small rudder steers a large ship. It underscores the potential for both destruction and healing in the words we speak, which is a direct reflection of our hearts.

The wisdom that comes from God, as you pointed out, is crucial in moments of temptation. When we're faced with challenges, it can be easy to speak out of anger, frustration, or fear, which can escalate situations or lead to regrets. But when we allow God's wisdom to guide our speech and actions, we're better able to choose words that bring peace and healing, even in the most trying circumstances.



## REFLECTION

God's wisdom not only helps us resist harmful speech but also helps us recognize the power of our words to build up others and reflect His character. In the face of temptation, whether it's the temptation to gossip, lie, or speak in anger, God's wisdom teaches us to pause, reflect, and respond in a way that honors Him. It might be difficult in the heat of the moment, but it's through God's strength that we can resist the urge to let our tongues lead us astray. This wisdom is also tied to humility and a pure heart. James contrasts earthly wisdom, which is often selfish and leads to division, with the wisdom from above, which is peace-loving, considerate, submissive, full of mercy, and good fruit (James 3:17). It's this divine wisdom that empowers us to resist temptation and avoid the pitfalls of harmful speech, guiding us instead to live in a way that reflects God's love and truth.

How do our words impact others, and how can they lead to temptation (such as gossip, slander, or anger)?

**Activity:**

Write down one area where you feel tempted to use your words negatively (e.g., gossip, criticism, anger). How can you reframe this temptation with wisdom and control, using your words for good instead of harm?

**Prayer**

“Dear God, thank You for the wisdom You offer to help me navigate temptation. Help me to control my words and use them for good, bringing life and peace to those around me. Grant me the humility to recognize when I am tempted by pride or selfishness and to submit to Your will. In Jesus' name, Amen.”

## HUMBLE YOURSELF

**J**ames 4:6-10

“But he gives us more grace. That is why Scripture says: ‘God opposes the proud but shows favor to the humble.’ Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God, and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.”

God’s sovereignty and the importance of humility in our walk with Him. God’s glory is something He will not share with anyone, and it’s crucial for us to recognize that everything we have and everything we are is by His grace alone. When we start to think that we have it all figured out, we risk becoming prideful and self-reliant, which leads us away from God’s guidance and purpose for our lives.

Submitting ourselves to God is an act of surrender—acknowledging that His plans are far greater than ours and trusting that He knows what's best for us. When we yield to Him, we open the door for Him to direct our steps and give us the strength to face whatever comes our way. This surrender isn't a sign of weakness but a sign of strength in recognizing that we cannot do it alone.

## REFLECTION

Giving our hearts to Jesus is the ultimate act of faith and submission. In doing so, we not only receive salvation, but we also invite the Holy Spirit to dwell within us, empowering us to live out God's will. The Holy Spirit provides us with the wisdom, strength, and guidance we need to overcome temptation and resist the enemy.

**Think about a recent temptation you faced.**

- How can you submit that situation to God in humility, and ask Him to help you resist temptation?
- Write down one way you can “come near to God” this week to overcome future temptations.

***Prayer***

Lord teach me to walk with you with humility. I now know that I cannot overcome temptation on my own. i'm sorry for thinking I had it all figured out. Thank you for always being a present help in the times of trouble.

## CHOOSING GOD OVER INSTANT GRATIFICATION

James 4:4-5 MSG

You're cheating on God. If all you want is your own way, flirting with the world every chance you get, you end up enemies of God and his way. And do you suppose God doesn't care? The proverb has it that "he's a fiercely jealous lover." And what he gives in love is far better than anything else you'll find. It's common knowledge that "God goes against the willful proud; God gives grace to the willing humble." It's incredibly painful to imagine being in a relationship where there's constant betrayal. It's heartbreaking to think that someone you love and trust keeps turning away from that relationship. That's exactly how God feels when we continue to place our love, trust, and affections on the things of this world rather than giving Him our whole heart.

When we try to have both loving God and loving the world, it creates a divide in our hearts. As you pointed out, God deserves our whole heart. He doesn't want to be second or a backup option; He wants all of us. This is why Jesus said in Matthew 6:24, "No one can serve two masters." We can't split our allegiance between the world and God and expect to be fully committed to either. Like the saying, "You can't have your cake and eat it too," you can't fully love both the world and God. If we try to chase after both, we'll end up losing sight of what truly matters. God wants a relationship with us that's not half-hearted, where we're not divided in our affections. In James 4:4, it says, "You adulterous people, don't you know that friendship with the world means enmity against God?"

God desires all of our love, loyalty, and devotion because He knows that is where true fulfillment and purpose lie. Anything else will only leave us empty, just as someone in a relationship with constant betrayal would feel. Choosing God completely means putting aside the distractions of the world and deciding that His ways, His love, and His will are what we truly value. When we do this, we experience the fullness of His love and peace that we can't find anywhere else. It's definitely a challenge, especially when the world offers so much, but the reward of a deep, unshakeable relationship with God far outweighs anything the world could ever give.



## **REFLECTION**

- **What do you think it means to be a “friend of the world”**
- **How do worldly values or temptations (like pride, materialism, fame, or success) become obstacles to your relationship with God?**

**You can't have have all of the world and all of God!**

### **Prayer**

God, I'm sorry for being lukewarm by trying to love you and the world. my devotion should be to you completely. Help me to focus my attention on you so I don't miss my way.

## GOD'S WAY OUT: HOW TO ESCAPE TEMPTATION

*James 4:13-16*

*“Now listen, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.’ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, ‘If it is the Lord’s will, we will live and do this or that.’ As it is, you boast in your arrogant schemes. All such boasting is evil.”*

The temptation to get ahead of God is so real, and it can be incredibly challenging. We live in a world that values control, planning, and achieving our goals on our own timeline. It’s natural to want to know exactly how our lives should unfold and when things should happen. But as you said, trusting God with our lives

and plans is essential to living in peace and fulfillment. It's easy to get caught up in the desire for immediate answers or to rush into situations, especially when we feel like we know what's best for us. But God's timing is always perfect, and His plans for us are better than anything we could orchestrate on our own. Proverbs 3:5-6 reminds us: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." When we lean on our own understanding, we risk heading down paths that are not aligned with God's will. But when we trust Him, He directs our steps and leads us in the right direction.

**The Holy Spirit** plays such a crucial role in this process, as you mentioned. The Holy Spirit is our helper, comforter, and guide. When we surrender our plans and desires to God, the Holy Spirit helps us discern God's voice, giving us the strength and wisdom to follow His lead. Sometimes that means waiting, sometimes it means stepping out in faith, but always it means trusting that God knows exactly what He's doing.

## REFLECTION

It can be hard not to rush ahead or try to figure everything out on our own. But learning to surrender and trust God with our lives is how we experience true peace. We don't have to have all the answers or control over every detail; we just have to follow His lead and trust that He'll guide us where we need to go.

Have you ever had a moment where you had to let go of your plans and trust God with the outcome? How did you experience His guidance in that situation?

• **How can pride cause us to become overconfident in our plans and achievements?**

**Activity:**

Take a moment to reflect on the plans you are making for your future (school, career, relationships, etc.).

- **How can you align these plans with God's will?**
- **Write down a prayer asking God for guidance and submission in your future decisions.**

## THE WISDOM OF OBEDIENCE

James 4:7-10 MSG

7-10 So let God work his will in you. Yell a loud no to the Devil and watch him make himself scarce. Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out. The fun and games are over. Get serious, really serious. Get down on your knees before the Master; it's the only way you'll get on your feet.

Joseph's response to Potiphar's wife is such a strong example of resisting temptation and staying committed to God. When she tried to seduce him, Joseph didn't just entertain the idea or make excuses—he *ran* from the situation, leaving his coat behind. That action speaks volumes about how seriously he took his relationship with God and how far he was willing to go to avoid sin. His first thought wasn't about his reputation or what might happen to him, but about how such an action would grieve God.

Joseph's decision to flee is a great reminder that resisting temptation requires action, not just words. He didn't wait around trying to reason with the temptation or make compromises; he immediately took the steps to remove himself from the situation. This is exactly what we need to do when we face temptation.

**Use the Word of God as our weapon. Jesus Himself set the perfect example when He was tempted in the wilderness. Every time Satan tried to tempt Him, Jesus responded with Scripture, saying, "*It is written...*" (Matthew 4:4, 7, 10). The Word of God is our sword, it's powerful, sharp, and able to combat any lie or temptation that comes our way.**

In terms of practical steps, getting into the Bible, staying in constant prayer, and being accountable to others are essential ways we can fight temptation. Knowing the Word strengthens us, but having a community of believers around us keeps us grounded and supported. Also, recognizing and avoiding situations where we're most vulnerable to temptation can help us avoid falling into sin.

## REFLECTION

So, how badly do we want freedom? If we truly want to be free from the chains of temptation and sin, we need to be willing to fight for it—just as Joseph did. And we fight with prayer, with the Word, and with a determination to follow God’s will no matter the cost.

What steps can you take to “submit yourselves to God” and resist the devil?

Think about areas in your life where pride might be getting in the way of your relationship with God or others

What practical steps can you take to humble yourself and submit to God in these areas?



## THE IMPORTANCE OF PRAYER IN OVERCOMING TEMPTATION

Read James 5:13-16

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Prayer is one of our most powerful weapons against temptation. It's not about using fancy words or having all the right formulas. It's about being honest, vulnerable, and surrendered to God. When we come to God in prayer and say, "God, I cannot do this on my own, please help me," we acknowledge our dependence on Him, and that's exactly where God wants us to be. Humility and submission are at the heart of effective prayer, and when we come to God in that way, He responds with His grace and strength. It's so easy to fall into the trap

of thinking we can handle things on our own or that we don't need to rely on God for every little thing.

Telling ourselves that "God sees my heart" can be prideful, especially when our hearts can be easily misled by our own desires. Jeremiah 17:9 tells us that "The heart is deceitful above all things and beyond cure. Who can understand it?" Our hearts need constant examination and correction, which is exactly what prayer does. It brings us into alignment with God's truth and helps us see things from His perspective.

Through prayer, we invite God to shape our hearts and minds. It's in those quiet moments of seeking His face that we begin to understand what is truly good, what is from Him, and what is a lie. Prayer is our way of staying connected to God, asking Him for wisdom, and asking for strength to resist temptation. It's through prayer that we find the courage to say no to sin and yes to God. And when we pray, we're also engaging in spiritual warfare. Satan doesn't want us to pray; he wants us to rely on our own strength, ignore God's will, and fall into temptation. But when we pray, we're actively resisting the enemy. As Ephesians 6:18 says, "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 Lord's people." Prayer is a constant defense, and it keeps us grounded in God's truth, helping us stand firm against the enemy's attacks.

## FASTING AND PRAYER: STRENGTHENING YOUR SPIRIT

Matthew 4:1-4

“Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Jesus’ time in the wilderness is such a profound example for us when it comes to facing temptation. As you pointed out, He had just completed a 40-day fast and was physically weak, hungry and tired. Yet His spirit was strong. Satan knew this was an opportune time to tempt Him, but Jesus’ response to each temptation was the same: “*It is written*” (Matthew 4:4, 7, 10).

***He fought the enemy with the Word of God, not His own ideas, strategies, or willpower.***

**The Bible is our ultimate weapon** against the enemy. Just as Jesus used the Word to defeat Satan's lies and temptations, we are called

to use Scripture to stand firm in the face of our own struggles. Satan may try to deceive us or lure us into sin, but the truth of God's Word is our defense. It's not just about knowing Scripture intellectually. It's about applying it in the moments of temptation. That's the power we have in Christ!

**Fasting creates space to build strength in the spirit.** Jesus was in a fasted state when Satan came, and He didn't try to rely on His physical strength or wisdom. He was fully dependent on the Father's Word. Fasting is a spiritual discipline that helps us focus on God, weaken the desires of the flesh, and build our inner strength through prayer and intimacy with God.

*Fasting not just about abstaining from food, it's about creating room in our lives to hear from God, renew our minds, and be spiritually strengthened.*

When we fast, we are deliberately seeking to strengthen our spirit and rely more on God's presence than on the things of this world. It allows us to experience a deeper level of intimacy with God, which is crucial when facing temptation. Just as Jesus' spirit was strong because He spent time in the Father's presence, we, too, can draw near to God through fasting and prayer, and He will strengthen us to overcome whatever comes our way.

## REFLECTION

*When temptation comes, go to the Word! When we are equipped with God's truth, we can stand firm, just as Jesus did. We don't have to try to come up with our own answers or strategies; we simply need to speak the truth of God's Word and trust in its power. To overcome temptation, you must get in the bible! that is your weapon against the tricks and tantrum of the enemy! Jesus did not try to come up with his own strategy, he went with a weapon that's available and potent !*

**W**hy did Jesus respond with Scripture? How does this teach us about the power of God's Word in resisting temptation?

Have you found fasting and prayer helpful in building spiritual strength? How have you seen God use His Word in your life to help you overcome challenges or temptations?

*Activity:*

• **Memorize** a Scripture verse that can help you resist the temptation to focus only on material things or to act impulsively when you are in need

Matthew 6:33 New International Version

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

## THE DECEIT OF SELF-RELIANCE

In Matthew 4:5-7, Satan tries to twist God's Word and use it against Jesus. He quotes Psalm 91:11-12, telling Jesus that God's angels will protect Him if He throws Himself down from the temple. Satan is essentially trying to get Jesus to test God's protection, using Scripture to tempt Jesus into an act of foolishness. But Jesus, responding with the truth of God's Word, says, "It is also written: 'Do not put the Lord your God to the test.'" (Matthew 4:7)

What this highlights is how Satan can misuse God's Word to deceive and manipulate us into justifying sin or foolish behavior. He can twist Scripture, taking it out of context, to make it seem like something that aligns with God's will, but it actually leads us away from truth.

*Many people, knowingly or unknowingly, do this when they try to justify their actions by misapplying Scripture to fuel their own desires or temptations. For example, they might take verses about grace and forgiveness and use them to justify continuing in sinful behavior, saying something like, "God will forgive me anyway." But that's not how*



***God's promises work. His Word is meant to strengthen us, not enable us to fall into sin.***

Jesus' response is so important—He doesn't allow Himself to be swayed by a misused Scripture. He answers with wisdom, pointing out that it's foolish to test God. Jesus understood that true faith and obedience to God mean trusting in His timing and authority, not using His promises for selfish gain or to satisfy our own temptations. He wasn't going to put Himself in a position where He would test God's protection just for the sake of a spectacle or a shortcut.

What we see here is that properly understanding and applying God's Word is key to resisting temptation. Satan's misapplication of Scripture was powerless, but Jesus, filled with the Holy Spirit and grounded in the truth of God's Word, responded with power. Jesus didn't just know Scripture; He understood its heart, its context, and its purpose. That's why His response was not only wise but also powerful enough to overcome Satan's temptation.

## REFLECTION

Jesus would have been taking His own life into His hands by testing God's protection in that way. To act in such a manner would have shown a lack of respect for God's authority. He would have been taking control into His own hands, showing that He didn't fully trust God's plan for His life.

***Trusting in God's authority and timing is part of walking in obedience to Him. It's not about testing His promises for personal gain, but about letting His Word guide us in righteousness.*** The key takeaway here is the importance of knowing Scripture in its proper context and using it in the right way. We need to rely on the Holy Spirit to give us understanding and discernment in applying God's Word to our lives. When we do, just like Jesus, we can overcome the enemy's schemes and stand firm in our faith.

- Why was it wrong for Jesus to test God in this way? How does this apply to our lives when we are tempted to push God to act on our terms or to test His promises?

***Activity:***

Write down a situation in your life where you are tempted to “test” God or try to control the outcome. How can you trust God without forcing or testing Him, knowing He is in control?

## THE BATTLE FOR YOUR HEART

Read Matthew 4:8-10 – Temptation #3: Worshiping the Devil

“Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ‘All this I will give you,’ he said, ‘if you will bow down and worship me.’ Jesus said to him, ‘Away from me, Satan! For it is written: Worship the Lord your God, and serve him only.’”

At the core of Satan’s temptations is his desire for **worship, devotion, and control**. Satan’s ultimate goal is not just to get us to sin, but to **redirect our worship away from God** and towards him or other things. We see this clearly in Isaiah 14:12-14, where Satan, in his rebellion, wanted to exalt himself above God. He said, *“I will ascend to the heavens; I will raise my throne above the stars of God...I will make myself like the Most High.”* His fall from heaven was a result of his desire for the worship that was due to God alone.

In Matthew 4:8-9, when Satan tempted Jesus in the wilderness, he offered Him all the kingdoms of the world and their splendor if Jesus would just **bow down and worship him**. This is the essence of Satan’s temptation—it’s always about getting us to bow our hearts, our lives, and our devotion to anything other than God. He doesn’t care if it’s money, power, relationships, success, or sin—he wants our

**worship.** He knows that when we give in to temptation, we are **submitting our hearts to him**, even if we don't realize it.

Jesus, however, made it clear that **worship belongs to God alone.** He responded, *"Away from me, Satan! For it is written: 'Worship the Lord your God, and serve Him only.'"* (Matthew 4:10). Jesus knew that the act of **bowing to temptation** even if it was for a moment of pleasure or relief was a way of giving the enemy control over His heart. It's a **submission to Satan's desires**, and in doing so, it dishonors God and shifts our allegiance.

## REFLECTION

When we choose to **bow to temptation**, whether it's a subtle compromise or a full-on sin, we are essentially giving consent to the enemy's influence in our lives. We are giving him a place in our hearts that was meant for God. This is why it's so important to understand the gravity of every choice we make. Temptation is not just about a momentary lapse in judgment—it's about what we are truly **choosing to worship** in that moment. The Bible teaches us that we cannot serve two masters (Matthew 6:24). If we give in to temptation, we are allowing Satan to have influence over us and in essence, we are giving him the worship that rightly belongs to God.

The reality is, we're created to worship God, and worship is an act of devotion that shapes our hearts, our priorities, and our lives. The question we must ask ourselves in every moment of temptation is: **Who am I choosing to worship right now?** Am I choosing to honor God with my obedience, or am I allowing my desires, the world, or even Satan himself, to take precedence?

*It's a battle for the heart. The stakes are high. But the good news is that, with God's strength and the help of the*

*Holy Spirit, we have the power to resist temptation and keep our worship focused on Him alone.*

Have you had moments where you've had to face this choice of who you are choosing to worship—God or the temptation in front of you? How did you handle it, and how did you remind yourself that **worship belongs to God alone?**

## GRACE, REDEMPTION, AND THE POWER TO OVERCOME

**R**ead Matthew 4:11

“Then the devil left him, and angels came and attended him.”

1 Corinthians 10:13 New International Version

No temptation has overtaken you except what is common to mankind. 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 endure it.

This verse is a promise that no matter what temptation we face, God is faithful, and He will always give us a way to escape it. We are not powerless in the face of temptation; we have the strength of God within us and His provision to overcome.

But like you said, **we need to look for that way out** and be ready to **immediately obey** when God provides it. Sometimes, the way out is obvious—a door opens, and we have the chance to walk away from the situation. Other times, it’s a gentle prompting from the Holy Spirit, urging us to turn away or choose differently. This is where obedience comes in. We have to be sensitive to God’s leading, and when He provides a way out, we need to take it without hesitation.



The way out might come in the form of wisdom. Maybe the temptation is subtle, and the situation isn't immediately obvious as a dangerous place to be. But God, through His Spirit, can give us wisdom and discernment in the moment. James 1:5 encourages us, *"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."* God is always ready to give us the wisdom we need to navigate situations, especially when we're faced with temptation.

There are definitely places and situations we shouldn't find ourselves in. Temptation can often be avoided by simply not putting ourselves in situations where we're vulnerable. Setting boundaries, making wise decisions ahead of time, and avoiding places or people that might lead us into temptation are all ways we can proactively create space between us and sin.

## REFLECTION

Don't even *negotiate* your price. sometimes, just staying away from certain situations entirely is the best choice.

***G***od will always make a way out, but we also need to be willing to take the path He provides. That might mean walking away, changing our habits, or avoiding certain environments altogether. Sometimes, it's about making tough decisions in the moment, but those decisions can help protect our hearts and honor God.

- What does Jesus' use of Scripture teach us about resisting temptation?
- How can we rely on God's Word, prayer, and the Holy Spirit to help us face and overcome the temptations we encounter?
- What specific temptations are you currently facing in your life? How can you apply the example of Jesus to resist them?

- Are there any Scriptures you can memorize or prayers you can pray to help you overcome these temptations?

## SHARING YOUR STORY: TURNING STRUGGLE INTO PURPOSE

**R**ead James 5:19-20

“My brothers and sisters, if one of you should wander from the truth and someone should bring that person back, remember this: Whoever turns a sinner from the error of their way will save them from death and cover over a multitude of sins.”

Everyone will face temptation at some point, but with the help of the Holy Spirit, we can overcome. It's not by our own strength, but by God's grace and His presence in our lives that we are able to resist. And once we've experienced that freedom, it's crucial that we share that with others. As you said, “If God can set me free, He can set you free.” This should be our mantra, because it's the testimony of God's power and grace in our lives that can bring hope to others.

The Samaritan woman at the well is such a perfect example of this. She was not perfect—she had lived through brokenness, mistakes, and shame—but when she encountered Jesus, everything changed. Jesus

didn't condemn her; He offered her living water, a new beginning. And in response, she didn't keep her encounter with Jesus to herself. She became an evangelist, going to the people in her town and telling them about the man who had transformed her life.

**Her story reminds us that we don't need to be perfect to share the Gospel. In fact, our struggles and the ways God has delivered us from sin and pain often give us the most powerful testimony. We don't need to be ashamed of our past; it's part of the story of how God's grace worked in our lives. God can bring purpose and meaning out of our pain and struggles, and He can use our story to reach others who are going through similar things.**

In John 4:29, when the Samaritan woman says, *"Come, see a man who told me everything I ever did. Could this be the Messiah?"* she's inviting others to experience the same transformation she had. Her boldness and willingness to speak the truth about her life, despite its imperfections, shows us that sharing the Gospel doesn't depend on having everything together; it depends on being willing to tell others what God has done in our lives.

We are all called to be vessels of God's grace, and that means sharing His truth with others, even when we're not perfect. When we're open about our struggles, about how God has helped us overcome, it gives others hope that they, too, can experience freedom in Christ.

Just like the Samaritan woman, we too are called to go out and say, *"Come, see a man who changed my life."* It's not about being perfect; it's about pointing others to the One who is.

## REFLECTION

Everyone will be tempted at one time or the other and it takes the help of the Holy Spirit to overcome. When you are helped by God, it is important to help other people. *Perfection is not a necessity to bring other people into salvation. Don't be afraid to speak the truth and speak about the things God has delivered you from.* God can bring purpose out of your pain and struggle.

**"If God can set me free, He can set them free!"**

- How does helping others who are struggling with temptation help both them and you?

- How can you be a source of support for others who may be facing temptations, helping them return to God's truth?

***Activity:***

Think about someone you know who is struggling with temptation or walking away from the truth. How can you encourage and support them in a way that brings them back to God?

## SCRIPTURES FOR OVERCOMING TEMPTATION

### 1 Corinthians 10:13

*"No temptation has overtaken you except what is common to mankind. 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 endure it."*

- This verse reminds us that God is faithful and always provides a way out of temptation. We are never alone in facing it.

### James 4:7-8

*"Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God, and He will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."*

- To resist temptation, we must submit to God, draw near to Him, and take active steps to resist the enemy.



**Matthew 4:10**

*"Jesus said to him, 'Away from me, Satan! For it is written: 'Worship the Lord your God, and serve Him only.'"*

- Jesus shows us that resisting temptation involves using the Word of God to stand firm against the lies of the enemy.

**Ephesians 6:11**

*"Put on the full armor of God, so that you can take your stand against the devil's schemes."*

- This verse speaks to the importance of being spiritually prepared. God has given us armor (His Word, prayer, etc.) to withstand temptation.

**5. Hebrews 4:15-16**

*"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

- Jesus understands our struggles and has overcome temptation. We can approach Him for help when we face temptation, and He gives us grace.

**Romans 6:12-13**

*"Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer every part of yourself to Him as an instrument of righteousness."*

- This calls us to actively choose to live for God, offering our whole selves to Him and resisting the pull of sin.

## **2 Peter 2:9**

*"If this is so, then the Lord knows how to rescue the godly from trials and to hold the unrighteous for punishment on the day of judgment."*

- God knows how to rescue us in times of trial and temptation. We can trust that He will deliver us when we are faithful to Him.

## **Galatians 5:16**

*"So I say, walk by the Spirit, and you will not gratify the desires of the flesh."*

- Walking by the Holy Spirit empowers us to resist the desires of the flesh and the temptations that come with them.

## **Psalms 119:11**

*"I have hidden Your word in my heart that I might not sin against You."*

- Knowing and meditating on God's Word is a powerful weapon against temptation. It helps us stay grounded and

make godly choices.

### **Luke 22:40**

*"On reaching the place, He said to them, 'Pray that you will not fall into temptation.'"*

- Jesus encouraged His disciples (and us) to pray so that we would have the strength to resist temptation.

### **1 John 4:4**

*"You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."*

- This verse reminds us that the Holy Spirit, who is in us, is greater than any temptation or trial we face. We have the power to overcome.

### **Romans 8:37**

*"No, in all these things we are more than conquerors through Him who loved us."*

- We are more than conquerors in Christ, which means we have the victory over temptation and sin through Him.