

A Battle Plan Against Temptation

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1. Scripture describes many ways in which a Christian can avoid giving in to temptation. For each Scripture below, write down the method of winning over temptation, then give a practical example of how you might do this.

Scripture	Way to fight	Example
Gen. 39:11–12		
Mt. 4:3–4		
Mt. 5:29–30		
Mt. 26:41		
Ro. 13:14		
1 Cor. 7:2, 1 Cor. 7:5		
1 Cor. 10:13		
Heb. 2:18		
Eph. 6:10–17		
1 Tim. 6:9–10		
Heb. 11:24–26		
Jas. 4:7		
1 Pet. 5:8		

2. Think of a temptation you are now facing. Choose two of the ways to fight from the chart above, and formulate a plan for implementing them in the coming week.

For Further Study: Study temptation in Joseph's life in Genesis 37 and 39–50. Look for temptations he faced, how he handled each one, and the results of his decisions. Be sure not to limit the temptations to those stated—for example, while in prison, he was likely tempted by bitterness and self-pity (although Scripture doesn't explicitly state this). Record your findings in a chart like the one below.

Scripture	Temptation	Action	Possible Motivation	Results