

Overcoming Temptation

The best way to deal with temptation is to turn to God in prayer and ask him for his help.

Prayer is a conversation with God. Prayer isn't just something we do before meals, or at church on Sunday, or before we go to bed at night. These are all important ways to pray, but God wants you to talk to him throughout the day. At any moment of the day, if you have to make a decision, that's a great time to turn to God in prayer. Ask him to guide you to make the best decision.

God always wants to help you make the right decision. He has given you free will so that you can say yes or no to things, but he wants to help you use your free will to make good and wise decisions. Above all, God has given you free will so that you can love.

Some decisions you make help you become the best-version-of-yourself, and some do not. Some decisions you make help other people become the best-version-of-themselves, and some do not. God always wants to help you become the very-best-version-of-yourself, and to help others become all he created them to be too.

Let's look together at an example.

You are taking a test and you don't know the answer to a question. You may be tempted to cheat by looking at someone else's answer. But cheating won't help you become the best-version-of-yourself.

Let's pray together right now about temptation.

Lord, anytime I feel tempted
to do something that is wrong
and doesn't help me become
the best-version-of-myself,
please inspire me to choose
what is good and right.

Amen.

