

Temptation to Anger

1. This is sin. "The anger of man does not achieve the righteousness of God" (Jas. 1:20).
2. I do not want to sin. Sin is beneath the dignity of the person I have become in Christ Jesus (Eph. 2:4-7).
3. I do not have to sin. I am no longer under the power of sin, but I am alive to God in Christ Jesus (Rom. 6:11; 8:12-14).
4. Then why am I tempted to get angry? Because I have embraced wrong thinking. I have committed myself to unrealistic plans.
5. The correct way to think is to remember that God is in control and has my best interests at heart (Rom. 8:28).
6. My response to this truth is first to trust in the Lord and not lean on my own understanding (Prov. 3:5-6).
7. Second, I will walk by the Spirit and not carry out the desire of the flesh (Gal. 5:16). The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Gal. 5:22-23).

Sexual Temptation

1. There is no future in this. (It would damage my relationship with God and could destroy my relationship with my spouse and children, as well as damage my reputation and discredit my ministry; 1 Cor. 7:18.)
2. I will not degrade this person but treat her/him with dignity and honor. (I will treat her/him as a subject, not an object, since she/he has been created in the image of God.)
3. I will let the attractiveness direct me to praise for the greatness of her/his Creator.
4. I am no longer under the power of sin, but I am alive to God in Christ Jesus (Rom. 6:11). (I am not a skin-wrapped package of glands, but a new creation in Christ; 2 Cor. 5:17.)

5. I will walk by the Spirit and not carry out the desire of the flesh (Gal. 5:16; 2 Tim. 2:22).
6. I will fix my eyes on Jesus, the author and perfecter of faith (Heb. 12:2).

Temptation to Seek Revenge

1. This is sin. "Never pay back evil for evil to anyone. . . . If possible, so far as it depends on you, be at peace with all men. Never take your own revenge" (Rom. 12:17-19).
2. I do not want to sin. Sin is beneath the dignity of the person I have become in Christ Jesus (Eph. 2:4-7).
3. I do not have to sin. I am no longer under the power of sin, but I am alive to God in Christ Jesus (Rom. 6:11; 8:12-14).
4. Then why am I tempted to seek revenge? Because I want justice.
5. But God did not give me justice (what I deserve); He treated me with mercy (not giving me what I deserve) and grace (giving me better than I deserve).
6. Because I have been forgiven, I will forgive others and treat them with mercy and grace (Col. 3:12-15).
7. I will walk by the Spirit and not carry out the desire of the flesh (Gal. 5:16). The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Gal. 5:22-23).

Temptation to Covet

1. This is sin. "You shall not covet" (Exod. 20:17).
2. I do not want to sin. Sin is beneath the dignity of the person I have become in Christ Jesus (Eph. 2:4-7).
3. I do not have to sin. I am no longer under the power of sin, but I am alive to God in Christ Jesus (Rom. 6:11; 8:12-14).
4. Then why am I tempted to covet? Because I am not content with what I have.
5. My lack of contentment stems from comparison with other people.

6. I will take my eyes off other people's possessions and fix my eyes on Jesus, the author and perfecter of faith (Heb. 12:2).

7. God is in control and has my best interests at heart (Rom. 8:28). Therefore, I will be content and thankful with what He gives me.