**Day 1**

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| **Faith Fact**  God helps me make good choices.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: How can I resist temptation and make the right choice?** |

**Read about It**

**Read:** [Psalm 119:11](https://ref.ly/logosref/Bible.Ps119.11); [Matthew 4:1–11](https://ref.ly/logosref/Bible.Mt4.1-11)

It’s always interesting to see celebrities and important leaders, like the president, doing normal, everyday things such as walking their dog or grabbing a hamburger at a fast-food restaurant. It’s easy for us to forget that they do regular things just like we do.

When Jesus came to earth, He was both God and human. Jesus experienced all the things that come with normal life including the temptation to do wrong things. In fact, the devil tried to tempt Jesus multiple times! Jesus never gave in to temptation. He overcame His desire to do wrong things by using the Word of God.

Like Jesus, we will face temptation because that’s part of living in this world. However, Jesus showed us how to make the right choice. When we fill our heart with the Word of God and listen for the voice of the Holy Spirit, we can resist temptation and follow the plan that God has for us!

**Talk about It**

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| **Question 1.** What was Jesus doing before He was tempted?  **Answer 1.** He was fasting. ([Matthew 4:2](https://ref.ly/logosref/Bible.Mt4.2)) |
| **Question 2.** What are some ways you might experience temptation in your life?  **Answer 2.** Answers may vary. |
| **Question 3.** What did Jesus use to help Him resist temptation?  **Answer 3.** He used the Word of God. |
| **Question 4.** Why is it important for us to know God’s Word?  **Answer 4.** When we have memorized God’s Word, we can use it to help us overcome temptation to sin. ([Psalm 119:11](https://ref.ly/logosref/Bible.Ps119.11)) |
| **Question 5.** When you are being tempted, what steps can help you make the right choice?  **Answer 5.** Ask for God’s help, remember what God’s Word says, and listen for the voice of the Holy Spirit. Additional answers may vary. |

**Pray about It**

God, thank You that I am never alone when I am being tempted. Help me to remember that I can resist temptation and make the choices that You want me to make through Your Word and through the power of the Holy Spirit. Amen.

**Day 2**

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| **Faith Fact**  God helps me make good choices.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: What should I do when I’m being tempted?** |

**Read about It**

**Read:** [1 Corinthians 10:13](https://ref.ly/logosref/Bible.1Co10.13)

Have you ever seen a movie in which the main characters have to go through several puzzles to get out of the difficult situation? They may have to step on the right tiles to avoid spears being thrown at them. Or, they may find themselves in a room where all the walls are closing in. In the moment, it seems like there’s no way of escape. But then, right at the last second, they escape.

Many times this is how temptation feels. It can seem as if temptation is closing in to crush us and doing right can be extremely difficult. However, the Bible says that we can trust that God won’t let us be tempted beyond what we can handle. When we are tempted, He will always show us a way out. When we are having a difficult time making the right choice, we can call out to God and He can give us the strength to resist the temptation.

**Talk about It**

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| **Question 1.** How much temptation will God allow us to endure?  **Answer 1.** Only as much as we can handle |
| **Question 2.** What does God’s Word promise He will do when we are being tempted?  **Answer 2.** He will show us a way out so that we can endure it. ([1 Corinthians 10:13](https://ref.ly/logosref/Bible.1Co10.13)) |
| **Question 3.** What kinds of temptation do you face?  **Answer 3.** Answers may vary. |
| **Question 4.** How do you feel knowing that others face the same kinds of temptations?  **Answer 4.** Answers may vary. |
| **Question 5.** How does knowing that God is ready and willing to help you escape temptation make you feel?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You for being faithful to help me when I’m tempted. Help me to make choices that honor You. Amen.

**Day 3**

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| **Faith Fact**  God helps me make good choices.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: How does God help me when I’m tempted?** |

**Read about It**

**Read:** [Matthew 6:13](https://ref.ly/logosref/Bible.Mt6.13)

Tug-of-war is a game that is played with a long rope with a knot in the center and two teams holding the rope on opposite sides of the knot. The goal is to pull the opposition to your side of the center line. It’s important that you don’t yield or let up, because doing that gives the opposing team a better opportunity to win.

Our life is like a game of tug-of-war. As we follow Jesus, our enemy, Satan, tries to pull us in the other direction. However, God is like an immovable anchor at the end of the rope. He can’t be moved. And as long as we are connected to Him, we can’t be moved either. He is the One who will give us the strength to resist temptation and make choices that honor Him.

**Talk about It**

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| **Question 1.** What does it mean to yield to temptation?  **Answer 1.** To yield to temptation means to give in to it. |
| **Question 2.** What should we ask of God when we are tempted?  **Answer 2.** We should ask God to keep us from giving in to temptation and to rescue us. ([Matthew 6:13](https://ref.ly/logosref/Bible.Mt6.13)) |
| **Question 3.** What are some of the temptations you have faced recently?  **Answer 3.** Answers may vary. |
| **Question 4.** How is struggling with temptation like a tug-of-war?  **Answer 4.** Answers may vary. |
| **Question 5.** How does knowing that you can ask God to rescue you from temptation make you feel?  **Answer 5.** Answers may vary. |

**Pray about It**

God, thank You for every time You’ve rescued me from the evil one. Help me to always turn to You for strength when I am being tempted. Amen.

**Day 4**

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| **Faith Fact**  God helps me make good choices.  **Faith Verse**  [Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)  For I can do everything through Christ, who gives me strength.  **Question of the Day: What can I do if I give in to temptation?** |

**Read about It**

**Read:** [Hebrews 4:14–16](https://ref.ly/logosref/Bible.Heb4.14-16)

In the Old Testament, the main role of the high priest was go to God on behalf of the people to offer sacrifices for the wrong choices they had made. Jesus came and died for our sins and then rose again. He is our high priest. When we give in to temptation, we can go to God, confess our sins, and receive forgiveness and cleansing ([1 John 1:9](https://ref.ly/logosref/Bible.1Jn1.9)). Jesus’ sacrifice on the Cross makes this possible.

The Bible says that we can approach God’s throne of grace boldly, so that we may receive mercy and find grace to help us in our time of need. Jesus understands our weaknesses because He was tempted, and yet He never sinned. We are human and there will be times we don’t make the right choice. We’ll have to face the consequences of those choices. Even when we make the right choice, there may be challenges that we have to face. God wants us to honor Him by making the right choice, even if the right choice brings challenges ([1 Samuel 15:22](https://ref.ly/logosref/Bible.1Sa15.22)). But, we can always look to God for His mercy and His grace, and He will always be there to help us.

**Talk about It**

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| **Question 1.** How does Jesus know what it’s like for me to be tempted?  **Answer 1.** Jesus faced the same testing we do, yet He did not sin. ([Hebrews 4:15](https://ref.ly/logosref/Bible.Heb4.15)) |
| **Question 2.** How does God help us when we have sinned?  **Answer 2.** When we go to God, we will receive His mercy. We will find grace to help us when we need it most and we will be forgiven and cleansed. ([Hebrews 4:16](https://ref.ly/logosref/Bible.Heb4.16); [1 John 1:9](https://ref.ly/logosref/Bible.1Jn1.9)) |
| **Question 3.** How is Jesus like the high priest in the Old Testament?  **Answer 3.** Both the high priest and Jesus offered sacrifices to God on behalf of the people. |
| **Question 4.** Why do potential challenges sometimes make it difficult to make the right choice?  **Answer 4.** Answers may vary. |
| **Question 5.** Why should you make the right choice even when there may be challenges?  **Answer 5.** God wants us to honor Him with the right choices. |

**Pray about It**

Jesus, thank You for being our High Priest and for making it possible for me to go to God. May I always come boldly to the throne of God to receive mercy and grace to help me when I need it most. Amen.