

Learn how to fight evil desires  
and find satisfaction in God

part of the



a gift from **UCB.CO.UK**

# Overcoming Temptation

**UCB** UNITED  
CHRISTIAN  
BROADCASTERS



## Index of abbreviations

All scripture references are from the King James Version, unless otherwise noted.

AMP Amplified Bible • NIV New International Version • NAS New American Standard

NKJ New King James Version • NCV New Century Version • TM The Message • TLB The Living Bible

NRS New Revised Standard Version • PHPS Phillips N.T. in Modern English

• GWT God's Word Translation • TEV Today's English Version • NEB New English Bible

### Editorial Team:

Editor – Alistair Metcalfe  
Publications Co-ordinator – Karen Brittain  
Prayers – Carl Brettle

UCB Operations Centre, Westport Road, Stoke-on-Trent, ST6 4JF  
T: 0845 60 40 401 (local rate call) E: [ucb@ucb.co.uk](mailto:ucb@ucb.co.uk)

# Welcome

## to *Overcoming* Temptation

'True satisfaction is something that can be found in God alone'

**T**emptation is a universal experience. We all feel drawn by our desires, led by longings, and teased towards things which promise happiness and fulfilment. But whatever temptations you are facing today, there is one thing you should not be tempted to do – give up.

The Bible is very clear about where temptation comes from – the enemy (James 1:13). God is not in the business of tempting us or trying to catch us out. In fact, each encounter with temptation provides an exciting opportunity for us grow closer to God and glorify Him (James 1:12). After all, desire in itself is not wrong; a desire for good things was set in our hearts by God (Philippians 2:13). But ever since Satan seduced Eve into sin, things changed. We still long for the things of God, but we also find ourselves fighting the temptation to fulfil lesser desires.

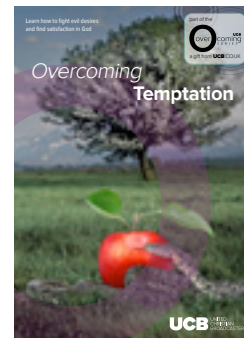
Likewise, being tempted is not in itself a sin. Jesus himself was 'without sin', yet faced great trials of temptation on this earth (Luke 4:1-14). In fact, His experiences have even left us with a divine model for standing up to Satan's schemes and a reminder that for every temptation there is always a way out (1 Corinthians 10:13).

A commitment to overcoming temptation involves a series of choices, beginning with this one: to grow towards God, or turn away from Him. We all know that short-term gratification makes a very poor substitute for true satisfaction – something that can be found in God alone (Psalm 17:15). So let us press into Him with all we have, and not be tempted to settle for anything less.

**The *Overcoming* Series is designed to help people like you find God's help in dealing with the challenges that face us all.**

Contained in these little booklets are big truths from God's Word, guidance on how to pray, and practical suggestions for change. Turn over to begin reading a selection of articles and testimonies written by people who understand what you're going through and long to help you overcome.

Then, starting on page 16, there are 28 readings from Bob Gass, author of *The Word For Today*, to help you practice new thought patterns and habits day by day for a month. As the Bible says, 'He who is in you is greater than he who is in the world' (1 John 4:4). With the help of our great God, you can overcome any challenge you face.



Discover the other titles in the *Overcoming* Series on page 35

# Temptation -

## Where do I start?

'Here's the hope: God has a much greater purpose at work when we face temptation'

Our pursuit is the heart of God – His purpose for our lives and His calling set within us

According to psychology professor Steven Reiss, there are **16 basic desires** that motivate our actions and define our personalities. Among the basic desires that he says govern human behaviour (such as our need for food and social contact) are many other motivators for action – **including the desires for power, acceptance, love and vengeance.**

It is not surprising then, that the whole world seeks to play on our apparent inability to resist these desires – let's call them temptations – offering solutions from a new flavour of latte to a late-night rendezvous. But human beings are so much more than even our deepest longings.

It all starts in the mind – the God-given space preventing us from acting impulsively and allowing us to consider our choices and rehearse our responses (Romans 2:15). But this thinking space is also temptation's playground. The enemy knows the power of the mind and works to convince us that the most fulfilling things in this life are found outside of God's boundaries (rather than within them), trying to provoke a sinful response. His aim for temptation is sin, shame and our separation from God.

**But here's the hope: God has a much greater purpose at work when we face trials of all kinds.** He can turn temptations on their head and, like many things intended for our ruin, create good out of them (Romans 8:28). The Bible says that God may allow times of testing in our lives to purify and refine us (Psalm 66:10), but the important thing to remember is while the goal of tempting is evil, the goal of testing is always that *'you may be perfect and complete, lacking in nothing'* (James 1:4). God will not let you be tested beyond what you can bear (1 Corinthians 10:13) because His aim is to grow our Christ-like character and to teach us how to discern His ways, never to lead us into sin (Romans 12:2).

So this is where we start: we acknowledge that temptations will come, we align ourselves with God, and we accept that we prepare to enter into battle, knowing that as we draw near to God he will draw near to us (James 4:8).

Martin Luther once said: *'My temptations have been my masters in divinity'*. Let's ask ourselves today: will that be our experience? Will our temptations become lessons in holiness?

*(Sources: Reiss, Steven (2000), Who Am I? (Tarcher/Putnam); Tempted and Tried, Russell D Moore)*

# Step by step

Your guide to overcoming temptation with God's help

**'Understanding and expecting temptation is a vital part of the battle plan'**

When it comes to overcoming temptation, we need more than a few basic guidelines – we need a strategy. Below are six practices that can prepare us, sustain us and support us in taking new ground with God.

## 1. Desire God

**'Sin arises because we desire something more than God. Overcoming sin begins by reversing this process: desiring God more than other things' – Tim Chester**  
Our strategy for overcoming temptation will only succeed if we know who God is: always worthy; adorned with glory; abounding in grace. Your past sins or present circumstance do not change His

character and your track record with temptation does not change how He feels about you. Nothing should stop you from praising God for who He is, right here and right now. The more we fill ourselves with the things of God, the less ground 'sin, with its painted pleasures, with its sugared poisons' can gain. (John Owen)

**TRY...**



The Psalmist says of God, 'I desire you more than anything on earth' Psalm 73:25 (NLT). What do you desire most of all?



**UCB**  
BIBLE

The Bible read to you 24/7  
Sky 0134, online and iPhone app

[ucb.co.uk/bible](http://ucb.co.uk/bible)

## 2. Expect Temptations

**'The issue isn't whether you are tempted, but whether you are aware of it and striking back' – Russell Moore**

Temptation cannot be avoided and if we truly want to overcome it, it cannot be ignored. In fact, understanding and expecting temptation (John 16:33) is a vital part of the battle plan. Here are some of the key things to remember:

- Temptation comes from satan (James 1:13). The enemy's purpose for temptation is to draw us into sin and away from God.
- Temptation can be overcome with God. Our aim is not to try and

eradicate temptation (we can't), but to deal with our fallen desires directly and appropriately. By turning to God and His word, we can grow in the good soils of His grace and experience a deep satisfaction that comes only when we glorify Him (James 1:2-4).

• Temptation is temporary. Turning temptation into triumph is a long-term commitment in this world, but despite the enemy's temporary reign, he has been defeated and he knows it (Colossians 2:15).

Read 2 Corinthians 11:3. The temptation of Eve involved a spiritual battle, a decision making process and a physical action. How does what the Bible reveals about satan and his methods of temptation support us in our own battles?



**TRY...**

## 3. Ready for Battle: Retrospection

**'These things happened to them as examples for us' - 1 Corinthians 10:11 (NLT)**

Acknowledging the past is an important part of any strategy. It gives you the opportunity to evaluate, identify weaknesses, learn from your mistakes and move forward with increased wisdom. Learning from our past encounters with temptation is critical.

Russell Moore reminds us that looking back on Jesus' temptations is just as important in understanding what we will face in the future: 'You will be tempted exactly as Jesus was...to provide for yourself, to protect yourself and to exalt yourself.' With insight into satan's schemes and perspective on our trials, the Bible is our battle guide – do not be without it.

Read Corinthians 10:1-12. How can the experiences of others in the Bible support us in triumphing over temptation? What can you learn from looking at your past temptation experiences?



**TRY...**

## 4. Ready for Battle: Self-inspection

**‘Personality differences must be considered when dealing with sin’ – John Owen**

Our strategy for managing individual temptations should be influenced by this: who we are. It is important to look inwards, understanding our own individual weaknesses: the needs, desires and personality traits that create our unique strengths, areas of vulnerability and personal limitations.

We may find that our temptations are linked to our feelings of insecurity, a desire to find love through others rather than God or an unhealthy ‘want’ for wealth. Many clues about how sin may seek to seduce us can be uncovered through a little self-inspection and reflection.

TRY...



Second Corinthians 12:9 reminds us that God’s power is ‘made perfect in our weakness.’ Can you identify some of your more vulnerable areas? Remember that while the enemy would seek to use our soft spots to seduce us, God has plans to use them for His glory.

## 5. Fight the Good Fight

**‘Be killing sin or it will be killing you’ – John Owen**

When you find yourself face to face with temptation, remember these strategies:

- Fight in Formation. Jesus ‘...can help those who are tempted, because he himself suffered and was tempted’ (Hebrews 2:18 NCV). Remember that He leads us against the enemy.
- Wear the Armour of God. Remember that ‘the battle for sin is often won or lost in the mind’ (Rick Warren) and that there are spiritual powers fighting against you. Ephesians 6:10-18 talks us through our spiritual armour. It

includes five protective items and two key weapons – prayer and the ‘sword of the spirit’ - the Bible. Be ready to use them.

- Identify Allied Forces. Being isolated in your struggles makes you an easier target. You are not alone in this battle. Consider creating an accountability network or identifying a trusted friend who you can confide in.
- Stay on route. Don’t be dragged down by discouragements – you might become trapped. When fighting temptation, regular confession and repentance can keep your paths to God clear.

TRY...



First Timothy 2:12 says we should ‘fight the good fight of the faith’. In what ways can you be strengthened for battle?

## 6. Stay Alert

**‘Watch and pray that you may not enter into temptation’ - Matthew 26:41 (NIV)**

In Jesus’ final conversations before his arrest, he charges us with two ways to avoid entering

into temptation. A physical action, watch, and a spiritual application, pray. The final part of our strategy is to keep our bodies ready and our spirit engaged with God. Be alert and keep moving forwards.

Setting aside a time to pray regularly, keeping an open dialogue with God and asking Him to keep your eyes open to temptations. Remember that He is always there for you (Revelation 3:10).



TRY...

(Sources: Tim Chester, *You Can Change*; Rick Warren, *The Purpose Driven Life*; John Owen, *something*; Russell D. Moore, *Tempted and Tried*)

**THE UCB WORD FOR TODAY**  
ENCOURAGING WORDS EVERY DAY  
UCB  
UNITED CHRISTIAN BROADCASTERS

**Encouraging Words Every Day.**

**Call 0845 60 40 401 to get your FREE copy**

# PLUMBING

## *the*

# DEPTHS

David Gallagher on how temptation exposes our weak points

Before my wife and I purchased our home, we could see that there had been water damage. We didn't think much about it; obviously something had gone wrong, but had been fixed. We finalised the transaction on our home on December 31st. Five days later, during a winter storm and before we could even get moved in, a pipe froze, then broke, and water flooded our basement.

---

*'JESUS SHOWED WE DON'T NEED TO SURRENDER TO TEMPTATION, BECAUSE GOD IS SUFFICIENT'*

---

A plumber came over to inspect the damage. He looked at the area in the basement where the pipe had burst but I watched him with special interest as he began inspecting other parts of the house – even the top floor – looking for damage.

I learned all too quickly that this plumber had an agenda: to get as much

money out of our insurance company as possible. He pointed out the previous water damage that my wife and I knew existed before we bought the house. He told us that he would tell the insurance adjuster that this was new damage and that he could get the insurance company to pay for new fixtures and paint in other parts of the house.

This plumber's proposition was deceptive and wrong – but it got me thinking. I thought about a new bathtub in the master bathroom. I thought about new paint. I thought about the plumber's words to us, 'Don't you know how much you pay into insurance year after year and never get any of it back? It's time to collect; it's time for the insurance company to take care of you!' Yes, I thought, it IS time that the insurance company takes care of us!

The most concerning thing to me after spending about 24 hours thinking about it and struggling with the decision was that I had spent 24 hours thinking about it and struggling with the decision. I realised that, because I was taking so

long with the decision and because I was struggling with it, that a weak area had been exposed in me. My indecisiveness in what should have been a clear-cut decision was evidence to me of a weakness. I was actually considering lying to the insurance company in order to get them to pay for things that they really weren't responsible for.

That's the interesting thing about temptation – it exposes your weak areas. In Luke 4 when the devil was tempting Jesus, the very first thing he tried was to hit the Son of God where he felt certain He might be weak. After all, Jesus hadn't eaten in 40 days and the devil knew He must be hungry. If Jesus was hungry, the devil figured, he could try the 'stone into bread' temptation in order to get Jesus to take things into His own hands and thereby meet His own needs. Thankfully, Jesus showed us that we don't need to surrender to the temptations that hit our weak areas because God is sufficient for us.

What enticing situations are being thrown your way that you're thinking too long and

too hard about? What weak areas are being exposed to you? Remember that Jesus is our example for what to do when temptation comes: look to God and God alone to provide for you in your weakness. Trust Him to give you the strength to make right choices and decisions in less than 24 hours; yes, even in less than 24 seconds! Oh, and don't forget: when it's necessary, fire the plumber!

**David Gallagher is founder and CEO of Open Arms International, a charity working to transform the lives of orphans in Africa. Find out more at [www.openarmsinternational.com](http://www.openarmsinternational.com)**



# THE SPIDER *and the* THE MOTH

How nature encouraged Catherine Brown to never give up

---

*'NO MATTER WHAT WE FACE, JESUS EVER LIVES TO MAKE INTERCESSION FOR US'*

---

One evening I was chatting quietly to my husband, when my attention was drawn to a moth fluttering outside the window. It was dark outside and the light from our kitchen had attracted the creature. I stepped closer to look at the moth only to discover that its wings had become entangled in a gossamer spider's web. I felt sorry for the poor thing and marvelled at its tenacity as it sought to free itself from the sticky trap of silken threads that glistened alluringly in the moonlight.

Suddenly from a dark corner, a spider lunged at its unsuspecting prey. It flew with ferocity at the entangled moth and a life-and-death battle ensued. Each creature showed equal determination – the spider to overcome its victim and the moth to fight to the last breath. I was mesmerised by it all. I asked my husband if I could try and help release the moth but he assured me there was little I could do. It appeared the moth would die powerless and entangled in the spider's web. I quietly prayed in my heart, 'Save this creature, Lord.'

Amazingly, the moth wasn't done fighting back! It made one last courageous effort and triumphantly broke free from the grip of its enemy. The swiftness and severity of the entrapment had staggered me, but equally the tenacity, bravery and dogged determination of the moth to be free inspired me. I couldn't help but begin to draw some spiritual parallels from the scene that had unfolded before me.

I mused at the quirkiness of a spider being used again to speak to a Scot. In 1306, Robert the Bruce was crowned

King of Scotland and henceforth tried to free Scotland from the English. After being defeated in battle, he escaped and found a hideout in a cave. Bruce was at the lowest point of his life. He thought about leaving the country and never coming back. While waiting, he watched a spider building a web in the cave's entrance. The spider fell down time after time, but finally he succeeded with his web. So Bruce decided also to retry his fight and told his men: 'If at first you don't succeed, try, try and try again.'

This battle of nature spoke to my spirit. I was encouraged to believe in deeper measure that no matter what we face in our lives, Jesus, our friend and our intercessor, ever lives to make intercession for the saints. He stands before the Father, continually watching over us and interceding for us. He calls us to try, try and try again and pours out faith on his children to overcome the enemy.

Just like the moth, as we approach the beautiful light of Christ, the enemy seeks to catch us off guard, to attack us when we least expect it, to distract us, to battle with us, to intimidate and overcome us but the reality of our situation is this: the enemy of our souls is utterly defeated by the blood of Christ. Jesus carries us through our circumstances not just somehow, but triumphantly!

**Catherine Brown is director of Gatekeepers Global Ministries (GGM) and is a sought-after national and international teacher. Find out more at [gatekeepers.org.uk](http://gatekeepers.org.uk)**



# Do you need someone to pray with?

Call **UCBPRAYERLINE**  
on **0845 456 7729** (UK)\*  
**1890 940 300** (ROI)\*

Or visit **ucb.co.uk/prayer**

*All calls treated confidentially by trained volunteers*

*\*(Standard call charges apply, although calls from mobiles may cost you more. Check with your supplier for details.)*

**UCBPRAYER**

## *More help with Temptation*

### **Advice and Guidance**

Overcoming temptation can be tough and at times you may feel isolated in your struggles.

Seeking help from a church pastor, counsellor or an accountability group where you can share honestly and be supported, is often the most practical step you can take towards victory.

Dealing with your desires responsibly, especially if giving in to temptation might pose a serious risk to your health or relationships, is extremely important. You should not attempt to do it alone.

### **Organisations and websites who may help with specific areas of temptation**

#### **Christians Against Poverty (CAP)**

[www.capuk.org](http://www.capuk.org)

Free debt help and money courses through a network of centres in local churches.

#### **Naked Truth**

[www.nakedtruthproject.com](http://www.nakedtruthproject.com)

Advice and help for those struggling with the temptation of pornography and sexual sin.

#### **Celebrate Recovery**

[www.celebraterecovery.co.uk](http://www.celebraterecovery.co.uk)

A Christ-centred, Bible-based recovery programme designed to help people address a variety of issues. Courses nationwide.

#### **Ellel Ministries**

[www.ellelministries.org](http://www.ellelministries.org)

Christian mission organisation who run retreats and courses with a focus on emotional healing and wholeness.

#### **Association of Christian Counsellors**

[www.acc-uk.org](http://www.acc-uk.org)

Helping connect Christian counsellors with those who need advice and help.

### **Further reading**

*You Can Change*, by Tim Chester (IVP)

*Tempted and Tried* by Russell D Moore (Crossway)

*Resisting Temptation* by Colin Peckham (Christian Focus Publications)

*Overcoming Sin and Temptation* by John Owen – new edition, eds Kelly M Kapic, Justin Taylor (Crossway)



# Your 28 Days of Change

God's spirit is in you and...

'He who is in you is greater than he who is in the world'

It takes time to change long-standing thought patterns, habits and behaviour. We need to keep coming before God in our brokenness and asking for His help.

The rest of this Overcoming booklet is designed to help bring you before God for the next 28 days – to learn from His wisdom in His Word and to access His healing power through prayer.

Make a decision to set aside the time each day to read and respond in prayer. Don't worry if you miss a day or two, just pick up wherever you left off.

Keep a notebook and pen nearby to jot down anything that occurs to you while you read, or quotes that inspire you to think differently. Trust that God will speak to you personally about your healing over the coming weeks.

Remember, Jesus is on your side, willing you to succeed. Right now, He is praying to the Father on your behalf.

God's Spirit is in you, and 'He who is in you is greater than he who is in the world' (1 John 4:4).



The daily readings are written by Bob and Debby Gass, authors of *The UCB Word For Today*, and originally appeared there first. Over a million people around the world read Bob and Debby's warm, encouraging words each day.

You can receive a quarterly copy of *The UCB Word For Today* free of charge – see the back page for more details.

## DAY 1 Overcoming Temptation

'Lest satan should take advantage of us ...'

2 Corinthians 2:11 NKJ

**HERE ARE THREE** effective strategies to help you overcome temptation:

1) Expect it. Unless you expect temptation you won't prepare for it. Temptation begins in your mind. Any defeat that shows up in your actions was first a battle lost in your will. So Paul writes: '... we do not want to unwittingly give satan an opening ...' (2 Corinthians 2:11 TM).

2) Detect it. Ask God to help you detect satan's advances and brace yourself for the impact. An ink-stained wall in Wartburg Castle in Germany illustrates the point. Martin Luther, in the midst of prayer, suddenly detected the enemy's presence. The story goes that he picked up an inkpot and hurled it against the wall as he aimed it at the devil. Luther sensed the adversary's sinister

advance and responded the best way he knew how. Sound extreme? Maybe, but do you have that kind of spiritual sensitivity?

3) Reject it. Attempt to play games with the devil and he'll take you down. Listen: 'Submit therefore to God. Resist the devil and he will flee from you' (James 4:7 NAS). Satan would have you do the reverse; resist God and submit to satan – that is a trap! Do not be clever; reject it. If you are battling temptation today listen: 'we have one [a high priest] who has been tempted in every way, just as we are – yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.' (Hebrews 4:15–16 NIV).

### Prayer Point

Lord, help me see where I'm tempted in life, give me the strength to acknowledge the areas of weakness that satan tries to take advantage of, and give me boldness to allow me to reject any temptation that comes my way, in Jesus' name.

## DAY 2 Temptation (1)

'Each one is tempted when he is drawn away by his own desires and enticed' James 1:14 NKJ

**BEFORE WE GIVE IN** to temptation we go through certain stages: a) by neglecting prayer and Bible reading we become callous. Insensitive to danger, we find ourselves drawn like a moth to the flame b) we begin to rationalise and conclude, 'Nobody knows – what harm will it do?' c) as our carnal appetites increase, our conscience erodes d) we surround ourselves with others who do the same, or are willing to look the other way.

'But I would never do such things,' you say. Maybe, but what things would you do? Another question also arises, 'Have you reached your hour of testing yet?' When Jesus told Peter he'd deny his Lord, Peter replied, 'No way!' Yet within hours he had fallen flat on his face. James says, 'Each one is tempted when

he is drawn away by his own [particular] desires and enticed.' You have vulnerable areas which, if not disciplined by commitment and character, have the ability to destroy you.

'What can I do?' you ask. When Jehoshaphat came up against an enemy too big to handle alone, he prayed, "... we have no power against this great multitude ... nor do we know what to do, but our eyes are upon You"' (2 Chronicles 20:12 NKJ). Jehoshaphat understood three things: a) he knew that in his own strength he was no match for this enemy b) he was humble enough to acknowledge it and reach for help c) he knew where to turn – "... our eyes are upon You." What's the secret of victory? Lean on Jesus, not yourself!

## DAY 3 Temptation (2)

'Flee ... youthful lusts; but pursue righteousness ...'  
2 Timothy 2:22 NKJ

**IN GENESIS**, when Eve looked at the tree in the middle of the garden, she 'saw that the fruit ... was ... pleasing to the eye ... she took some and ate it' (Genesis 3:6 NIV). Look out! The tempter knows what will appeal to each of us. He knew that God had great plans for Eve so he decided to seduce her, and in so doing, deal a deathblow to her descendants. Understand this: the battle is always over your future. The issue is not just you; it's about those God plans to bless through you!

Look at Samson: his character did not match his strength and skill in the workplace. He fooled himself into thinking that he could live as he pleased and escape the consequences. His life is a gold mine of valuable lessons, such as: a) success in one area does not make you immune to failure in others b) temptation

always returns to the scene of its previous success c) flirting with temptation makes defeat inevitable d) even though yielding to temptation may not cut you off from God's grace, it can limit your usefulness to Him e) where we consider ourselves strongest is where we're least likely to prepare for attack.

Paul writes, 'Flee youthful lusts; but pursue righteousness.' Remember Kenny Rogers' famous song, 'The Gambler'? 'You gotta know when to hold 'em, know when to fold 'em; know when to walk away, and know when to run.' That's what Joseph did. He decided that giving in to Potiphar's wife would be "...[a] sin against God'" (Genesis 39:9 KJV), so he ran from the house. God is not dishonoured when you run; He's dishonoured when you do not!

### Prayer Point

Today Lord, I pray that You would help me see clearly when temptation comes my way, and help me have the strength to remove myself from its path. Help me to pursue righteousness and to stay focused on you. I want to be an overcomer, Lord. Thank You, God, for Your grace, in Jesus' name.

## DAY 4 Temptation (3)

"... satan hath desired to have you ..."  
Luke 22:31 KJV

**ARE YOU STRUGGLING WITH TEMPTATION?**  
Here's a plan for victory.

1) Decide that you do not have to give in. Jesus said, "... I have given you ... (physical and mental strength ...) over all the power that the enemy [possesses] ..."  
(Luke 10:19 AMP). Get rid of your 'I cannot' attitude. Start drawing daily on God's strength.

2) If you slip, do not wallow. Becoming mature is a life-long process. It takes place each time you turn to God in your weakness and allow Him to do for you what you cannot do for yourself.

3) Confess your sin. Listen: 'The Lord is near to the broken-hearted ...' (Psalm 34:18 NAS). God always responds to a repentant heart. He will meet you at your lowest point, walk with you through the valley of regret, and bring you out stronger and wiser.

4) Make a 3-column list: a) discoveries. List everything you have learned about yourself, others, and God's Word through temptation b) the new me. List areas that still need to be '... transformed by the renewing of your mind ...' (Romans 12:2 KJV) c) action plan. Write down the things you want to integrate into your life, such as prayer, confession to God, accountability to a friend, Bible reading and memorisation, identifying weak spots and watching yourself more closely.

5) Use what you have learned. Jesus told Peter, "... Satan hath desired to have you ... but I have prayed for thee, that thy faith fail not; and when thou art converted, strengthen thy brethren"  
(Luke 22:31-32 KJV). Let today mark a new beginning by using what you have learned, not only to avoid falling again, but also to help others facing the same temptations.

## DAY 5 Temptation (4)

"To him that overcometh will I grant to sit with Me in My throne ..."  
Revelation 3:21 KJV

**BEFORE LEAVING THE SUBJECT** of temptation, let's underscore the following truths:

a) Any weakness constantly indulged in, excused, denied or hidden, can enslave you. b) Failure to identify and target your dominant weakness guarantees defeat. c) Ignoring your weakness makes defeat inevitable. d) Satan has assigned certain people to feed your weakness. Be discerning! e) Your weakness will be drawn to any friendship that accepts it, enjoys it and feeds on it. f) Your weakness has an agenda: to take over your life and sabotage God's plan for you. g) Your weakness will always bond with the wrong people and make you uncomfortable in the presence of the right ones. h) Your weakness can emerge at any time, including your closing years. i) Your weakness cannot be overcome by

human reasoning or willpower. j) God will permit you to enjoy success in various areas, even while your weakness is still operating within you. Why? Because He's long-suffering and merciful. k) Your loved ones are praying for you to triumph over your weakness, because that glorifies God – and sends a message that they too can be victorious. l) Overcoming your weakness brings great rewards. Listen: "As many as I love, I rebuke and chasten: be zealous therefore, and repent ... To him that overcometh will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne"  
(Revelation 3:19-21 KJV).

Understand this: God will not only help you to overcome your greatest weakness; but will help turn it into your greatest weapon!

### Prayer Point

Lord, I pray that You will help me to break the greatest weakness in my life. I ask for strength to face my fears around this weakness and pray for determination to get this thing completely dealt with, so that in time that area of my life will be my greatest strength, in Jesus' name.

## DAY 6 The sifter

'... satan hath desired to ... sift you as wheat ...'  
Luke 22:31

**JESUS TOLD PETER**, 'Satan wants to sift you as wheat' (paraphrase). Just as wheat is separated from chaff, so satan wants to separate you from God. One way he accomplishes this is through temptation, so here are some things to watch for:

1) When you fall, refuse to stay down. Don't accept the lie that says, 'If you were really a Christian you wouldn't fall.' Birth and growth are separate processes. When Jesus saves you, your spirit is immediately changed, but until your emotions, appetites and desires come under His Lordship, you will always be vulnerable. This has nothing to do with your salvation and everything to do with becoming mature. Salvation is instant; becoming mature is the work of a lifetime.

2) Be quick to confess your sins. David said, 'The Lord is near to the broken-hearted, and saves the crushed in spirit' (Psalm 34:18 NRS). God always responds to a repentant heart. He'll meet you at your lowest point and walk with you through the valley where even your closest friends can't go.

3) Once you're free, stay free. When you uproot a plant, it may look good for a while, but unless it's replanted in healthy soil and properly tended, it'll die. When God delivers you from something harmful, his purpose is to attach you to something healthy. He takes you out of a bad situation in order to place you in a good one; otherwise, you'll seek out your old connections. So, look out for 'the sifter!' You'll win over temptation only if you want to.

# UCB2GO

## Shopping that has a lasting effect...

**Great Christian books, Bibles and CD's where all the profits go back into spreading God's Word throughout our nation!**



**UCB2GO.CO.UK**

## DAY 7 Customised temptations

'... I cried to the LORD, and he answered by setting me free'  
Psalm 118:5 NIV

**ROGER PALMS WRITES**, 'When I go fishing I use a variety of lures, but there's one they go for every time. Those fish have a weakness and because I know what it is I can catch them. Sometimes one will pull loose, ripping its skin, and go off to heal, but the scars will always be there. Sometimes you can pull away from satan too, but not before a painful tearing, causing scars that may remain for life.'

Satan's clever; he customises his temptations to our particular weaknesses! Maybe you're not susceptible to gambling, but how about pride? Or you can't stand the taste of liquor, but how about your appetite for gossip?

It's satan's oldest strategy – making sin look good! When Eve 'saw that the fruit ... was ... pleasing to

the eye ... she took some and ate it.' (Genesis 3:6 NIV). By seducing Eve, satan planned to get at her off-spring. Wise up! The battle's over your future; it's over those God plans to bless through you!

But Eve's weakness didn't thwart God's plan. No, God had already '... appointed (me) another seed' (Genesis 4:25 KJV). Eve gave birth to a son named Seth, who in turn fathered Enosh. With the birth of Enosh, we read that Eve's descendants began to 'call upon the name of the LORD' (Genesis 4:26 KJV). Breakthrough! Satan is defeated when you discover God's help in times of temptation. All you have to do is reach for it! Listen: '...I cried to the LORD, and He answered by setting me free.' (Psalm 118:5 NIV). Today, cry out to God!

### Prayer Point

You know every hair on my head, Lord, so You know every weakness in my life. Father help me to grow in wisdom and faith so I can remain strong even in my areas of weakness. Teach me from my past the lessons I need to learn, so that my future will be victorious in Christ, Amen.

## DAY 8 It's time for a check-up!

'Let us examine our ways and test them, and let us return to the LORD' Lamentations 3:40 NIV

**WHEN YOU PRAY**, 'Forgive my sins, Lord,' which ones do you mean? When you say, 'Make me a better person,' in what specific areas do you want to improve?

If you want to get real with God, answer these questions ... carefully ... and prayerfully.

a) Am I honest and above reproach in all my financial dealings? That includes giving God his portion. b) Do I put myself in sexually inappropriate situations or do I expose myself to harmful material? c) Do I spend time with my family? d) Do I tell the truth even when it brings me hurt or criticism? e) Do I find it easy to say,

'I was wrong ... I'm genuinely sorry' or do I hold grudges? f) Am I knowingly compromising any area of my life or my health, my job or my walk with Christ? g) Am I proud, selfish or arrogant? h) Have I taken credit for things that others did and should have been rewarded for? i) Have I failed to confess something to someone who should know of my wrongdoing? j) Have I been abusive with my loved ones? If I have, what am I going to do about it? k) Am I spending enough time in prayer and in the Scriptures?

Use these questions to give yourself regular check-ups and maintenance.

**GET THE WORD FOR TODAY DELIVERED FREE TO YOUR DOOR**

Go to [ucb.co.uk/wftsignup](http://ucb.co.uk/wftsignup) Or call 0845 60 40 401

## DAY 9 Handling temptation

'Each one is tempted when he is drawn away by his own desires and enticed' James 1:14 NKJ

**WHO'D HAVE BELIEVED IT?** Chief executives being led off in handcuffs, spiritual shepherds molesting their sheep and politicians in the pockets of special interests. How could it happen? In every case, it happened because: a) they lost their moral compass b) at some point they vacillated, saying 'Everybody else does it, why not me?' c) as their appetites increased, their conscience eroded d) they surrounded themselves with others who shared the same values, or were willing to look the other way.

'But I'd never do those things', you say. Maybe, but then what things would you do? Have you reached your hour of testing yet? Listen: 'Each one [no exceptions] is tempted when he is drawn away by his own [particular] desires and enticed.' Get real!

### Prayer Point

Lord forgive me for the times when I've looked to others for my moral compass, rather than looking to you. Keep my heart pure Lord, and let Your Holy Spirit reveal to me any small issue that might grow up into sin, that I may quickly turn to you for Your help in that area, in Jesus' name.

## DAY 10 Which voice will you obey?

'... When you are tempted, He will also provide a way out so that you can stand up under it' 1 Corinthians 10:13 NIV

**MAX LUCADO WRITES:** 'I'm at a desk in a hotel room far from home. The voices that encourage are distant; the voices that entice are near. A placard on my nightstand invites me to the lounge "to make new friends in a relaxing atmosphere." Another on top of the TV promises late-night movies that will "make all my fantasies come true." In the phone book several columns of escort services offer "love away from home."'

Voices – some for pleasure, some for power. The world rams at your door; Jesus taps. The world promises flashy pleasure; Jesus promises a quiet dinner – with Him: '... I will come in and eat with him ...' (Revelation 3:20 NIV). Which voice will you obey?

'How can I handle tempting situations?' you ask. Do so by a) filling your mind with God's Word b)

We're all susceptible to thoughts and impulses, which if not disciplined by strong character, have the potential to destroy us!

'What can I do?' you ask. When Jehosaphat came up against an enemy too big to handle alone, he prayed, '... we have no might against this great company ... neither know we what to do...our eyes are upon Thee' (2 Chronicles 20:12). Jehosaphat understood that: a) in our own strength we're no match for the enemy b) we may be brighter than the average bulb, but we still don't have the right answers c) some things are just a job for God!

There's a clear lesson here for us. Only when we turn to God in our weakness, is His power released to work in us and through us!

avoiding anything that causes you to desire anyone other than your mate c) calling regularly when you're away from home. Real happiness comes from committing yourself to finding pleasure in the relationship God has already given you d) not being too proud to ask for help.

Lesley Durkin says: 'My father used to put a bit of meat on the floor near his dog and say, "No!" The dog never touched it. But he never looked at it either, because if he did the temptation to disobey would've been too great. He just kept looking at my father's face.' Listen: 'Those who look to Him are radiant; their faces are never covered with shame' (Psalm 34:5 NIV). Think about it!

## DAY 11 Is your conscience expandable?

'Your word I have hidden in my heart, that I might not sin...' Psalm 119:11 NKJ

**EVER HEARD OF A PITCHER PLANT?** It attracts insects with its bright colours, but once inside, they lose their footing and slide down a sugar-coated tube into a liquid that drowns them. Satan does that too; he sugar-coats the way to ruin and before you know it you're hooked.

Adam Clark once worked in a store selling silk. One day his boss suggested he stretch the silk as he measured it; this would increase profits, and also Adam's value to the company. He refused. Adam Clark told his boss, 'Your silk may stretch but my conscience won't.'

Jeb Magruder, Presidential Aid to Richard Nixon, commenting on the Watergate scandal, said: 'We conned ourselves into thinking we weren't doing anything wrong, and by the time we were doing things that were illegal, we'd lost control.'

### Prayer Point

Help me Lord not to chase after success, which might lead me to compromise my faith, but help me to hold fast to what I know is true and righteous. Let my conversations be encouraging and uplifting and full of words which bring life to the people around me, in Jesus' name. Amen.

## DAY 12 Can you keep a secret?

'...Someone of integrity won't violate a confidence' Proverbs 11:13 TM

**EVER HEARD OF** the Hippocratic oath? It's been around for centuries. It goes like this: 'Whatsoever I shall see or hear in the course of my profession, I will never divulge, holding such things to be holy secrets.' That oath is taken by physicians and others in positions of trust, but it ought to be binding on every one of us! How would you feel if your doctor, your counsellor, your minister, or a trusted confidante were to violate your confidence and broadcast your 'holy secrets'?

Solomon wrote some strong words on the subject; they're worth considering: 'The more talk, the less truth; the wise measure their words' (Proverbs 10:19 TM). Listen again: '... someone of integrity won't violate a confidence' (Proverbs 11:13 TM). Have you ever thought of integrity in those terms? And finally,

The book 'The Day America Told the Truth', reports that 91 per cent of those interviewed lie regularly, and 70 per cent believe there are 'no absolutes' when it comes to good and evil. God says: 'Don't stealthily move back the boundary lines ...' (Proverbs 22:28 TM). Why? Because they're there for your protection! Paul writes, '... hold fast that which is good' (1 Thessalonians 5:21 KJV), because right's right, even when everybody's against it, and wrong's wrong, even when everyone's for it.

After Jesus fasted 40 days, satan said: '... command that these stones become bread' (Matthew 4:3 NKJ). Now eating is right when you're hungry, but following the devil's suggestions is not. So, while satan twisted the Scripture to justify sin, Jesus used it to withstand him. And you can do that too!

'Careful words make for a careful life; careless talk may ruin everything' (Proverbs 13:3 TM).

The longer you live, the more you'll come to realise there's a severe shortage of people who can be trusted to keep their mouths shut and the more you'll value those who do! If you were asked to define a person of integrity, wouldn't the ability to keep a confidence be close to the top of your list? You know it would.

So, here are some ground rules for you to live by today: a) whatever you're told in confidence, don't repeat b) whenever you're tempted to tell, resist the temptation c) whoever you're talking about, don't gossip d) even when you disagree, don't slander. Can you keep a secret? Prove it!

## DAY 13 The Lord's Prayer

'Lead us not into temptation, but deliver us from the evil one' **Matthew 6:13 AMP**

**YOU MIGHT KNOW PEOPLE** who are living with the illusion that satan is somehow cool; you might even have thought that yourself at some point. The fact is that satan's power is extremely limited. He has no freedom to ruin your life – unless you give it to him. This line of the Lord's Prayer helps you reach for God's hand to guide you safely around the traps of the devil.

Trap No. 1 – Diversion: our daily journey with God may be long and sometime tough but we have a promise. 'He will not let your foot slip' (Psalm 121:3 NIV). Satan will use all kinds of crafty tricks

to distract you from God's right path for your life; innocent-looking stuff like a TV series, a new favourite band or a relationship. In themselves, these things might be perfectly alright; but they can divert your attention away from God.

Trap No 2 – Deception: satan will twist the words that God has spoken to you so that you begin to doubt their truth. Way back in Eden the serpent said to Eve, 'Did God really say ...?' (Genesis 3:1 NIV). Watch out! Pray that God reminds you today of the truth of his word to you. Aren't you glad that God is with you?!

### Prayer Point

Lord, thank you that you promise to help me stand firm against the enemy and to deliver me from evil. Help me to hold onto your Word instead of giving in to temptation and listening to satan's lies. I pray that your Holy Spirit would touch every aspect of my life. Amen.

## DAY 14 Temptation can be a stepping stone

'Happy is the man who doesn't give in and do wrong when he is tempted, for afterwards he will get... his reward...' **James 1:12 TLB**

**TEMPTATION BECOMES** a stepping stone rather than a stumbling block when you realise that it's just as much an opportunity to do the right thing, as the wrong thing. Temptation just gives you the choice! Understand this: God allows the circumstances in which we're tempted in order to develop the fruit of the Spirit in us and so that we might express the exact opposite quality to the one we might choose!

For example, He teaches us to love by bringing unlovely people into our lives. It takes no character to love people who are lovely and loving towards you. God teaches us joy in the midst of sorrow by causing us to turn to Him for comfort and strength when all our other supports are gone. He develops peace within us, not by making things go the way

we planned, but by allowing times of chaos and confusion. Peace comes when we choose to trust God in situations where we're tempted to worry or be afraid. Likewise, patience is developed through circumstances in which we're forced to wait and are tempted to be angry or have a short fuse.

You can't claim to be good if you've never been tempted to be bad; or be faithful if you've never had the opportunity to be unfaithful. Integrity is built through defeating dishonesty; humility grows as you refuse to give place to pride; endurance develops as you reject the temptation to give up. The truth is that each time you defeat a temptation, you become more like Jesus.

## DAY 15 Satan's four-step pattern

'... We are familiar with his evil schemes' **2 Corinthians 2:11 NLT**

**SATAN IS PREDICTABLE!** All his temptations follow this familiar four-step pattern:

1) Desire! First he identifies a desire within you, like the desire for revenge, or the legitimate desire to be loved and feel pleasure. Then he suggests you fulfil that legitimate desire in a wrong way. The truth is that if you didn't have desires, temptation couldn't attract you. The Bible says there is '... a whole army of evil desires within you' (James 4:1 TLB).

2) Doubt! Satan tries to get you to doubt what God has said about sin. Is it really wrong? How come others do it? Doesn't God want me to be happy? The Book of Hebrews warns: 'Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God' (Hebrews 3:12 NKJ).

3) Deception! Satan is incapable of telling the truth. He's 'the father of lies' (see John 8:44). Anything he tells you will either be untrue or half-true. He whispers, 'Nobody will ever know. It'll solve your problem. It's only a little sin.' But a little sin is like being a little pregnant; it'll eventually show itself.

4) Disobedience! If you conceive and carry a thought long enough, you'll birth a behaviour. Every addict starts with one fix and every alcoholic with one drink. Shattered marriages begin with seemingly innocent flirtations. James warns, 'But people are tempted when they are drawn away and trapped by our own evil desires ... Do not be deceived ...' (James 1:14–16 TEV). 'What's the solution?' you ask. Live closer to God and you'll be less vulnerable to temptation!

### Prayer Point

Lord, I know that, because of the fall of man, I have an inbuilt desire to sin. I pray that when temptation comes, I will be strong enough to overcome, to grow in discernment and to know good from evil in even the smallest of instances. I desire to live closer and closer to You. Amen.

## DAY 16 Watch where you go

'God's people... protect themselves by watching where they go' **Proverbs 16:17 CEV**

**NO MATTER HOW SPIRITUAL** you become you never outgrow temptation! Actually, temptation is a compliment; it means satan fears your potential. So, the closer you get to God the more satan will attack you. While you're praying he'll suggest an evil thought to distract and shame you. Don't be alarmed. Satan fears your prayers and he'll do anything to hinder them. Instead of condemning yourself, just 'pull his covers', then refocus on God. Here are two things that'll help you overcome temptation:

1) Identify your patterns. Ask yourself, 'When am I tempted?' Usually we're most vulnerable when we're tired, alone, bored, depressed or under stress; when we've been hurt, angry, worried or after a big success or spiritual high. Identify your patterns! Listen: '... he who guards his way guards his life' (Proverbs 16:17 NIV).

2) Request God's help. 'Call on Me in times of trouble. I will rescue you ...' (Psalm 50:15 GWT). So why don't we turn to God more often? Because at that moment we just want to do what we want to do! Right? Or we're embarrassed because we keep giving in to the same temptations. But God doesn't get irritated or impatient with us. Listen: 'Let us ... approach God's throne, where ... we will receive ... grace to help us just when we need it' (Hebrews 4:16 TEV). If you have to cry for God's help 100 times a day, He'll be there for you! Just as the roots of a tree grow stronger when the wind blows against it, each time you stand up to a temptation, you become a little more like Jesus.

# Great movies, teaching, music and much more on UCB TV



UCB  
TV

On Sky **585**, Online at [ucb.co.uk/watch](http://ucb.co.uk/watch)  
on mobiles at [www.yamgo.mob/ucb](http://www.yamgo.mob/ucb) and FREE iPhone app

## DAY 17 Manage your mind

'Keep me from paying attention to what is worthless ...'  
Psalm 119:37 TEV

**RESISTING A THOUGHT DOESN'T WORK.** It only intensifies your focus on the wrong thing and strengthens its appeal. By resisting it you actually reinforce it. You don't defeat temptation by fighting the feeling of it. The more you fight a feeling, the more it consumes and controls you. No, the quickest way to neutralise temptation is turn your attention to something else! The battle is won or lost in your mind. Whatever gets your attention will eventually get you.

Have you ever watched a food advertisement on television and suddenly felt hungry? That's the power of suggestion. We naturally gravitate towards what we focus on. Repeating, 'I must stop eating so much, or smoking, or lusting', is a self-defeating strategy. It keeps you focused on what you don't want.

Ignoring temptation is far more effective. Once your mind is on something else, the temptation loses its

### Prayer Point

I know I might never have asked You, Lord, about the new things You might want to bring into my life: new interests, new God-centred hobbies, new types of worship. I open my heart to You today, Lord. Help me to choose to spend my time doing things that honour you rather than things that bring me into temptation or sin.

## DAY 18 Take off your mask

'... pity the man who falls and has no one to help him up!'  
Ecclesiastes 4:10 NIV

**IF YOU'RE STUCK** in a repeating cycle of good intention, failure and guilt, you won't get better on your own! Certain temptations are overcome only with the help of a committed friend who prays for you and holds you accountable. Becoming transparent is part of the answer to your lonely struggle. Listen: 'Confess your sins to each other and pray for each other so that you may be healed ...' (James 5:16 NIV).

Problems only grow in the dark, but when you bring them out into the light they shrink. You are only as sick as the secrets you keep, so take off your mask, stop pretending everything is fine and come out into the light.

Satan wants you to think your temptations are unique, so you must never share them. No, we all fight the

power. Your mind is your most vulnerable organ, so you must keep it focused in the right direction. You defeat bad thoughts by replacing them with good ones. This is the principle of replacement. You overcome evil with good (see Romans 12:21). Satan can't get your attention when your mind is preoccupied with something else. That's why the Bible says: '... fill your minds with ... good ...' (Philippians 4:8 TEV).

If you're serious, you must start managing your mind and monitoring your media intake, because '... your life is shaped by your thoughts' (Proverbs 4:23 TEV). This takes lots of discipline and practice, but with God's help you can re-programme the way you think and overcome temptation.

same temptations! The reason we hide ours is pride! We want others to think everything's under control. The truth is that whatever you can't talk about is already out of control in your life. If you could handle it on your own, you would have done so. Willpower and personal resolutions aren't enough. Your problems are too engrained, too habitual and too big to solve on your own. So, if you need help today, humble yourself and ask for it!

Answer this tough question: 'What am I pretending isn't a problem in my life? What am I afraid to talk about?' Yes, it's humbling to admit your weaknesses, but lack of humility is the very thing that's keeping you from getting better.

# DAY 19 Use the Word as a weapon

‘... Forget about self-confidence; it’s useless. Cultivate God-confidence’ **1 Corinthians 10:12 TM**

**GIVEN THE RIGHT CIRCUMSTANCES**, all of us are capable of sin! That’s why James writes: ‘Submit yourselves, then, to God. Resist the devil, and he will flee from you’ (James 4:7 NIV). Only when you’re fully submitted to God will you have the power to rise up, fight back and win. But it is a fight, and the fight begins the moment you wake up each morning.

You are in enemy territory. Never forget that! ‘But how can I overcome these temptations?’ you ask. Paul answers, ‘Put on salvation as your helmet, and take the sword of the Spirit, which is the Word of God’ (Ephesians 6:17 NLT). Start by committing your life to Christ. You won’t be able to say no to the devil until you’ve first said yes to Christ. Only with ‘the helmet of salvation’ is your mind protected.

## Prayer Point

Today, Lord, I symbolically put on the armour of God as laid out in Ephesians 6:10–18, in order to stand against the attacks of the enemy. I know I am a child of God, I stand on the promises of Your Word, and I pray protection over my thoughts and actions today that I will not succumb to temptation, in Jesus’ name. Amen.

# DAY 20 BUSY: Being under satan’s yoke

‘Don’t become so well-adjusted to your culture that you fit into it without even thinking’ **Romans 12:2 TM**

**ADDRESSING** a worldwide convention of demons, satan said: ‘So long as Christians stay close to God, we’ve no power over them, so here’s what I want you to do:

- a) Keep them busy with non-essentials. b) Tempt them to overspend and get into debt. c) Make them work long hours to maintain empty lifestyles. d) Discourage them from spending time with family, for when homes disintegrate there’s no refuge from work. e) Over-stimulate their minds with television and computers so that they can’t hear God speaking to them. f) Fill their coffee tables and bedside tables with magazines and newspapers, so they’ve no time for Bible reading. g) Flood their mailboxes with lotteries, promotions and get-rich-quick schemes; keep them chasing material things. h) Put glamorous

Next, learn to use the Word of God as a weapon. Jesus did this in the wilderness. Every time satan suggested something, He countered by quoting a Scripture. Jesus didn’t argue or say, ‘I’m not hungry’. That’s denial! No, He simply quoted the Scripture. And you must do the same! Memorised Scripture is absolutely essential to winning. You must have quick access to it. Like Jesus, you must have the truth stored in your heart and ready for recall at a moment’s notice. If you don’t, you’ve got no bullets in your gun! So, starting today, memorise one verse a week and, before you know it, your defeats will start turning to victories!

models on TV and on magazine covers to keep them focused on outward appearances; that way they’ll be dissatisfied with themselves and their mates. i) Make sure couples are too exhausted for physical intimacy; that way they’ll be tempted to look elsewhere. j) Emphasise Santa and the Easter Bunny; that way you’ll divert them from the real meaning of the festivals. k) Involve them in ‘good causes’ so they won’t have any time for eternal ones. l) Make them self-sufficient. Keep them so busy working in their own strength that they’ll never experience God’s power working through them. I promise – it’ll work!

Have you figured out the difference yet between being busy and being successful? Sometimes being ‘B-U-S-Y’ just means ‘Being Under Satan’s Yoke’!

# DAY 21 Living in war mode!

‘...I want to serve god with all my heart...but am pulled by the influence of sin’ **Romans 7:25 TM**

**WHEN DOES THE BATTLE BEGIN?** The moment your feet hit the floor! Paul writes, ‘The moment I decide to do good, sin is there to trip me up. I truly delight in God’s commands, but...not all of me joins in that delight ...’ (Romans 7:21 TM).

What’s happening? Your flesh is at war with your spirit, seducing you into relaxing your defences. And the moment you do, it’ll ‘nail you.’ It’ll whisper, ‘Go ahead, it’s no big deal; everybody does it. Who’ll know anyway?’ Learn to identify that voice before it becomes a thought entertained, a deed done, a habit formed and a character ruined. Your new birth doesn’t do away with your old nature; it just brings it into sharp contrast. You may be

redeemed, but you still live in a carnal body. If you try to fight the flesh in the power of the flesh, you’ll just end up fighting yourself.

What’s the answer? ‘Walk in the Spirit, and you shall not fulfil the lust of the flesh’ (Galatians 5:16 NKJ). How do you do that? By obeying God’s Word instead of doing what comes naturally! If you ‘blow it’ occasionally, don’t get discouraged. You were programmed from birth to walk in the flesh. Now you’re learning to walk in the Spirit, with a new set of values, new companions, new priorities, new resources and new management. Your new birth began a new battle. If you’re going to win it, learn to live in ‘war mode’!

## Prayer Point

Father, help me grow in my determination to live a life led by Your Spirit. Help me set my face as flint toward the temptations in my life and teach me new strategic ways to live a godly lifestyle. I pray that in a single moment of great temptation I would not stumble but would be single-minded in honouring you. Amen.

# DAY 22 Joseph’s coats

‘Israel loved Joseph...and he made him a coat of many colours’ **Genesis 37:3 ASV**

**JOSEPH’S LIFE STORY** is told by two coats that he wore. One was the coat of favour; the other was the coat of temptation.

Let’s look at them: ‘Israel (Jacob) loved Joseph more than all his children...and he made him a coat of many colours.’ That coat symbolised the special favour that would rest on Joseph all his life. Even in prison, ‘...the Lord...granted him favour...So the warden put Joseph in charge of all...’ (Genesis 39:21–22 NIV). And later we read, ‘Pharaoh said to Joseph, “I hereby put you in charge of the whole land of Egypt”’ (Genesis 41:41 NIV). Five times in one chapter we read, ‘The Lord was with Joseph.’ That’s favour! But the favour of God doesn’t exempt us from attack. Listen: ‘...Joseph was handsome...and...his master’s wife...said, “Come to bed with

me!’...But he left his cloak in her hand and ran ...’ (See Genesis 39:6–12 NIV).

When God begins to bless you, the enemy will use whatever he can to pull you down and keep you from fulfilling your destiny. God’s plan was to save a nation through Joseph. What if he’d given in to temptation? Wise up! The battle is not just about you – it’s about those God plans to bless through you, like your children, your grandchildren and your circle of influence.

Satan will offer you the pleasures of a moment in exchange for the high privilege of fulfilling God’s will. Don’t go for it! Pull your priorities back up on the screen. Get back into focus. Walk with God and live with the future in view.

# ‘YOU ARE NOT ALONE’ - GOD

## DAY 23 Have your ‘It is written’ ready! ‘Jesus said unto him, it is written’ Matthew 4:7 KJV

**AT SOME POINT** you’ve got to own God’s Word as your word! If you keep paying lip service to certain ideas on Sunday, and contradicting them the rest of the week, you’ll eventually give up. Why? Because you are fragmented. You are violating your own values! If you do that long enough, you’ll get to where you won’t be able to respect yourself or stand up to your own company!

When the devil attacked what he thought was a ‘weak spot’ in Jesus, the Master answered him four times with ‘It is written’ (Matthew 4:1–11). What was the outcome? Listen, ‘Then the devil leaveth Him’ (Matthew 4:11 KJV). Try it! Have your ‘It is written’ on the tip of your tongue when you find yourself under pressure.

### Prayer Point

Show me new ways, Lord, to learn Your Word. I pray that Your Holy Spirit would inspire me to deepen my knowledge of the Bible, and I pray that, in a month from now, scripture that would help me in times of temptation would be on my lips much more readily than it is today. Amen.

## DAY 24 Principles for handling temptation ‘Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak’ Matthew 26:41 KJV

**MARTIN LUTHER ONCE SAID**, ‘You can’t keep the birds from flying over your head, but you can keep them from building a nest in your hair.’ Temptation is inevitable; how you deal with it is a matter of personal choice.

You ask, ‘How do you keep temptation from leading you into sin?’ By putting these four principles from the apostle Paul to work in your life each day:

1) ‘Everything is permissible for me – but not everything is beneficial’ (1 Corinthians 6:12 NIV). Ask yourself, ‘Is it helpful spiritually, mentally and physically?’

2) ‘Everything is permissible for me – but I will not be mastered by anything’ (1 Corinthians 6:12 NIV). Ask yourself, is it habit-forming? Does it bring me under its power and control? Look out; every

For example, when someone provokes you, instead of saying things that aren’t fit to print, say ‘[I will] be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires’ (James 1:19–20 NIV). Or when somebody hurts you, instead of taking the low road and retaliating, say, ‘[I will] be kind ... tender-hearted, forgiving others, just as God has forgiven [me]’ (Ephesians 4:32 NAS).

The two-fold secret of victory is: a) get into the Word and get the Word into you b) learn to initiate your response to every situation out of your spirit – not out of your head! OK?

stronghold begins with a thought, every habit with a single act.

3) ‘Therefore, if what I eat causes my brother to fall into sin, I will never eat meat again ...’ (1 Corinthians 8:13 NIV). Ask yourself, ‘Will my actions cause me to lose my influence and respect with others? Will it hurt or confuse them?’

4) ‘... whatever you do, do it all for the glory of God’ (1 Corinthians 10:31 NIV). Ask yourself, ‘Am I doing this to honour the Lord or to promote myself?’

Tough questions, but by asking them, you’ll always know what to do; you’ll always know how your conduct will affect you, others and ultimately the kingdom of God!



# DAY 25 Use the Word!

'The word of God is full of living power ...'  
Hebrews 4:12 NLT

**HOW DID JESUS** deal with temptation? By quoting God's Word! Amazing! He had the power to turn water into wine and open blinded eyes, yet when He faced the tempter, He quoted Scripture. Why? To show you how to deal with temptation!

Listen again, 'The Word of God is full of living power ...' (Hebrews 4:12 NLT). Do you really believe that? If you do, the next time you find yourself struggling, you'll reach for it. That means you must first get it into your heart, otherwise it won't be there when you need it. Do these three things if you want to live victoriously today.

1) Speak the Word out loud! There's power in the Scriptures. Jesus said, 'The words that I speak to you are spirit, and they are life' (John 6:63 NKJ). Note it's the Word which He personally speaks to you that brings life.

His Word is creative; it changes things. 'God said, "Let there be ..." and there was ...' (Genesis 1:3). That's still how it works!

2) Personalise the Word! Put yourself into the verse. When you are tempted to lie or exaggerate say, 'I will not lie, for I have laid aside my old self with all its evil practices and put on the new self' (see Colossians 3:9–10 NIV). When you are sick, rise up and say, 'Lord, by Your stripes I am healed' (1 Peter 2:24 NKJ). Personalise it!

3) Pray the Word! Say, 'Father You said ...' That gets God's attention every time. Why? Because God's Word is His bond! He says, 'I am watching over My Word to perform it' (Jeremiah 1:12 NAS). If you want things in your life to change, begin to use the Word!

## Prayer Point

I thank You, Lord, that Your Word is full of living power and helps us to overcome the enemy. Give me a desire to learn and remember scripture, so that when I am tempted I have all that I need to resist. May my heart and mind be filled with the truths of your Word that build me up, rather than thoughts planted by satan that are designed to bring me down, in Jesus' name. Amen.

# DAY 26 Are you drifting or purpose-driven?

'... Called according to his purpose'  
Romans 8:28 NIV

**PURPOSE-DRIVEN PEOPLE** will always leave their safety zone and go where others won't. Things that cause the fearful to break down only cause them to break through; and even break records. Look at Abraham when he was 100 (Romans 4:18–19)!

Purpose-driven people walk alone because they see what others don't! Look at Elijah; one man against 850 prophets (1 Kings 18). But through God he prevailed! When David killed Goliath, everybody wanted to be his friend; but when he had gone out to face the giant he went alone (1 Samuel 17). So what's new?

Purpose-driven people know how to deal with temptation! Joseph faced more temptation in a palace than ever he did in prison. It was only when

David left the battlefield that he got into trouble with Bathsheba (see 2 Samuel 11). Do you know the time and area of your greatest vulnerability?

Purpose-driven people 'never arrive'! They know that satisfaction is the enemy of success. To those who said, 'I am rich, and increased with goods, and have need of nothing,' God replied, 'I will spew thee out of my mouth' (Revelation 3:16–17 KJV). Never stop learning! Never stop growing! Never stop reaching!

Clinton Utterbach has a wonderful sign in his office, which reads – 'Those who walk with God always reach their destination!' That just about says it all, doesn't it?

# DAY 27 Bible fortifiers

'... He is able to help those who are being tempted'  
Hebrews 2:18 NIV

**GOD'S LOVE FOR YOU** is rivalled only by satan's hatred. The devil knows you have the potential to fulfil the words, 'Thy kingdom come. They will be done in earth, as it is in heaven' (Matthew 6:10 KJV). He's out to stop that at any cost. One of his greatest weapons against you is temptation.

If you are facing it today, here are some Scriptures to help you stand. They're Bible fortifiers – use them!

a) '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 you can stand up under it' (1 Corinthians 10:13 NIV).

b) 'I have given you authority ... to overcome all the power of the enemy; nothing will harm you' (Luke 10:19 NIV).

c) 'The God of peace will soon crush satan under your feet. The grace of our Lord Jesus be with you' (Romans 16:20 NIV).

d) 'Put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground' (Ephesians 6:13 NIV).

e) 'So do not fear, for I am with you; do not be dismayed for I am your God. I will strengthen you and help you ... with My righteous hand.' (Isaiah 41:10 NIV).

f) We have Jesus, 'Who has been tempted in every way, just as we are – yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our times of need' (Hebrews 4:15–16 NIV).

The way to handle the wolf is to stay close to the Shepherd. Just run to His arms today; He'll shelter you and strengthen you.

## Prayer Point

Lord, I declare that satan is my enemy and not my friend. I also declare that You are for me and not against me. I thank you, God, that Your desire is to lift me up and bless me in all aspects of my life. Thank you, Lord for Your Word which encourages me, inspires me and sets me free from every plan of the enemy. Thank you, God, for caring so much for me. Amen.

# DAY 28 Look out for the Amalekites

'The LORD will be at war against the Amalekites from generation to generation' Exodus 17:16 NIV

**FROM THE MOMENT** Israel entered the Promised Land, the Amalekites kept attacking them and having to be defeated. That's why God declared war on them, 'from generation to generation.'

There's a lesson here for you. The devil isn't going to send you a 'congratulatory telegram' because you've decided to serve the Lord. No, every chance he gets he's going to attack: a) your wounded areas b) your vulnerable areas c) your unfocused areas. The greatest weapon he has against you – is you! Listen: 'For we naturally love to do ... the opposite of the things that the Holy Spirit tells us to do ... two forces within us are constantly fighting each other to win control over us and our wishes are never free from their pressures' (Galatians 5:17 TLB).

One day, a hunter came across a bear in the woods. 'I want a full stomach,' said the bear. 'I want a fur coat,' said the hunter. 'Let's compromise,' suggested the bear – and promptly ate the man. As a result, the bear went away with a full stomach and the man went away wrapped in fur. The lesson is clear – when you compromise with the enemy, you lose! God says, '... I have set before you life and death ... Now choose life, so that you ... may [live]' (Deuteronomy 30:19 NIV).

God has declared war on anything that keeps you from walking in His blessing. There can be no half-measures. Unless the Amalekites in your life are thoroughly defeated, they'll keep coming back.



THE **UCB**  
**WORD**  
FOR TODAY

Have you been encouraged by the readings in this book?  
Further daily encouragement can be found in  
***THE WORD FOR TODAY.***

Sign up to receive ***THE WORD FOR TODAY*** for **FREE**, four  
times a year, delivered directly to your door.

Fill in the form below or go to **ucb.co.uk/wftsignup**  
to sign up today.

Title \_\_\_\_\_ Forename \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Date Of Birth \_\_\_\_\_

To sign a friend up to receive ***THE WORD FOR TODAY*** please call 0845 60 40 401

Please return this completed form to: **United Christian Broadcasters,  
FREEPOST RLTX-ABUL-GRAR, Westport Road, Stoke-On-Trent, ST6 4JF.**

UCB holds names and addresses on computer for the purpose of keeping it's subscribers up to date with ministry news.  
UCB promises that the information you provide is treated in total confidence and stored in full accordance with  
the Data Protection Act 1998. For full details of UCB's privacy policy please visit [ucb.co.uk](http://ucb.co.uk).



For more help in Overcoming the giants in your life, explore the rest of  
the Overcoming Series on our website, **[www.ucb.co.uk/overcoming](http://www.ucb.co.uk/overcoming)**  
or call **0845 604 0401** to order a printed copy (UK only).

*Overcoming Discouragement*

*Overcoming Temptation*

*Overcoming Grief and Loss*

*Overcoming Pride*

*Overcoming Spiritual Strongholds*

*Overcoming Addiction*

*Overcoming Family Issues*

*Overcoming Debt and Finance*

*Overcoming Work and Unemployment Issues*

*Overcoming Fear*

*Overcoming Anger and Resentment*

*Overcoming Materialism*

*Jesus Loves Prisoners*

UCB Operations Centre, Westport Road, Stoke-on-Trent, ST6 4JF  
t: 0845 60 40 401\* e: [ucb@ucb.co.uk](mailto:ucb@ucb.co.uk)

**UCB.CO.UK**



NOT FOR SALE - Company Registered in England and Wales 2182533. Registered Charity 299128

\*Standard call charges apply, although calls from mobiles may cost you more. Check with your supplier for details\*

# UCB UNITED CHRISTIAN BROADCASTERS

## UCB LISTEN

find out how to listen at  
[ucb.co.uk/listen](http://ucb.co.uk/listen)



UK



INSPIRATIONAL



GOSPEL



EXTRA



BIBLE

## UCB WATCH



Sky585

Online at [ucb.co.uk](http://ucb.co.uk)

On web enabled mobiles at [yamgo.mobi/ucb](http://yamgo.mobi/ucb)

iPhone and Web phone app

## UCB READ

THE **UCB**  
**WORD**  
FOR TODAY

Phone: **0845 60 40 401**

Sign Up: [ucb.co.uk/wftemail](http://ucb.co.uk/wftemail)

Online: [ucb.co.uk/wft](http://ucb.co.uk/wft)

iPhone app

**Word**  
4 U 2 D A Y

Phone: **0845 60 40 401**

Sign Up: [ucb.co.uk/w4uemail](http://ucb.co.uk/w4uemail)

Online: [ucb.co.uk/w4u](http://ucb.co.uk/w4u)

**PRAYER**  
FOR TODAY  
encouraging you to pray for change

Online: [ucb.co.uk/pft](http://ucb.co.uk/pft)



see all our resources at

# UCB.CO.UK

**HAVE YOU CONSIDERED  
LEAVING A GIFT IN YOUR WILL TO UCB?**

Call on 0845 60 40 401 to request more information  
or visit [ucb.co.uk/legacies](http://ucb.co.uk/legacies)

**DO YOU NEED TO PRAY  
WITH SOMEONE?**

Visit [ucb.co.uk/prayer](http://ucb.co.uk/prayer)

Call UCB Prayerline on

**0845 456 7729\***

or **1890 940 300\* (ROI)**

### General Enquiries

UCB Operations Centre,

Westport Road,

Stoke-on-Trent, ST6 4JF

t: **0845 60 40 401\***

e: [ucb@ucb.co.uk](mailto:ucb@ucb.co.uk)

w: [ucb.co.uk](http://ucb.co.uk)

### UCB Broadcasting Enquiries

T: **01782 642000**

E: [media@ucb.co.uk](mailto:media@ucb.co.uk)

### UCB Northern Ireland

Commission Broadcast Centre,

Ballyoran Lane, Belfast, BT16 1XJ

T: **028 9028 2000**

### UCB2GO Mail Order

T: **08456 188 315**

W: [UCB2GO.CO.UK](http://UCB2GO.CO.UK)

\*Standard call charges apply, although  
calls from mobiles may cost you more.  
Check with your supplier for details\*