

## WHY ARE WE OVERCOME BY TEMPTATION?

1. Not having Christ in your life. (Testimonies, vol 4, p 355; Desire of Ages, p 599).
2. Not keeping your eyes on Christ. (Testimonies, vol 5, p 652).
3. Allowing your mind to be diverted from God. (Testimonies, vol 4, p 357; Early Writings, p 58).
4. Failing to realize the need of a constant dependence upon God. (Desire of Ages, p 382).
5. Neglecting prayer. (Great Controversy, p 600; Steps to Christ, p 94).
6. Neglecting silent prayer. (Testimonies, vol 5, p 120).
7. Appetite and intemperance are the greatest reasons. (Testimonies, vol 3, p 485; Ministry of Healing, p 174).
8. Not being faithful in the little things. (Counsels on Health, p 410).
9. Doubt. (Steps to Christ, p 119).
10. Impure thoughts. (Patriarchs and Prophets, p 459).
11. Inward sins. (Prophets and Kings, p 82).
12. Not having a correct knowledge of self. (Testimonies, vol 4, p 246; Sons and Daughters of God, p 91).
13. Love of money and earthly treasures. (Testimonies, vol 3, p 480).
14. Ambition for and love of the world. (Temperance, p 276; Testimonies, vol 3, p 480).
15. Love of rank and position. (Testimonies, vol 3, p 480).
16. Selfishness. (Mount of Blessings, p 116-18).
17. Being self-confident or self-righteous. (Testimonies, vol 5, p 426).
18. Unbidden association with worldlings and corruption. (Messages to Young People, p 82; Testimonies, vol 3, p 111, vol 2, p 222, vol 5, p 360).
19. Mind and body overworked, weary, or perplexed. (Gospel Workers, p 245; Sons and Daughters, p 298).
20. Idleness. (Desire of Ages, p 72; Child Guidance, p 189).
21. Inviting temptation. (Testimonies, vol 3, p 47).
22. Involving yourself in games or sports. (Messages to Young People, p 382).
23. If overcome, is easier to fall again. (Patriarch and Prophets, p 268; Testimonies, vol 3, p 483).

## HOW TO RESIST AND OVERCOME TEMPTATIONS

1. Learn of Jesus. (Adventist Home, p 380; Testimonies, vol 5, p 148).
2. Knowledge of God is our only safeguard. (Acts of Apostles, p 530-31; Ministry of Healing, p 409).
3. Knowledge and use of the Scriptures is a barricade. (Christ's Object Lessons, p 132; Testimonies, vol 5, p 426).
4. Obedience to God's word is a shield. (Counsels to Parents and Teachers, p 483; Adventist Home, p 380).
5. Restrict reading to Bible and spiritual books only. (Testimonies, vol 3, p 81-82).
6. A sense of God's immediate presence is a shield. (Education, p 255; Testimonies, vol 5, p 148).

7. By Christ's example. (Bible Commentary, vol 7, p 929-30; Testimonies, vol 4, p 29; Desire of Ages, p 130-31).
8. Meditate on God. (Testimonies, vol 4, p 45, vol 5, p 148).
9. Must be converted. (Testimonies to Ministers, p 426).
10. Fully surrender your heart to God. (Adventist Home, p 380).
11. Drive back in Christ's name. (Testimonies, vol 4, p 357, 33, vol 3, p 480; Messages to Young People, p 50).
12. Continual prayer is necessary and essential. (Gospel Workers, p 128; Ministry of Healing, p 509-10; Testimonies, vol 4, p 542-43, vol 5, p 177).
13. Pray, then firmly resist with every nerve and power. (SDA Bible Commentary, vol 3, p 1155; Sons and Daughters of God, p 164; Messages to Young People, p 248).
14. Agonize in prayer. (Early Writings, p 46).
15. Secret prayer. (Testimonies, vol 5, p 120).
16. Silent prayer on your knees. (Messages to Young People, p 248; Testimonies, vol 4, p 616).
17. Pray the Lord's prayer. (Patriarchs and Prophets, p 459).
18. Constant trust in God. (Patriarchs and Prophets, p 751; Early Writings, p 46; Spiritual Gifts, vol 2, p 289-90).
19. Victory over appetite is power to resist all other temptations. (Testimonies, vol 3, p 491-92).
20. Call and claim divine aid. (Testimonies, vol 5, p 312, 426).
21. Claim God's promises. (Desire of Ages, p 129).
22. Exercise will power. (Testimonies, vol 3, p 488; Ministry of Healing, p 176; Counsels on Diet and Foods, p 167).
23. Realize own weakness. (Desire of Ages, p 382).
24. Self knowledge on weak points. (Gospel Workers, p 276; Testimonies, vol 2, p 511, 517; Fundamentals on Christian Education, p 525).
25. Unite your weakness with Christ's strength. (Messages to Young People, p 50; Prophets and Kings, p 487; Testimonies, vol 3, p 480).
26. Strength increases with every victory gained. (Testimonies, vol 5, p 183, 120).
27. Patiently meet. (Testimonies, vol 3, p 287).
28. Cultivate meekness. (Adventist Home, p 380).
29. Humility. (Patriarchs and Prophets, p 751; Sons and Daughters of God, p 121).
30. By a well-ordered life. (Testimonies, vol 5, p 148).
31. By a godly conversation. (Testimonies, vol 5, p 148).
32. Form holy habits of thought. (Ministry of Healing, p 454).
33. By faith. (SDA Bible Commentary, vol 5, p 1082).
34. Hold beginning of your confidence firm unto the end. (Testimonies, vol 5, p 148).
35. Practice and spread the present truth. (Testimonies, vol 4, p 397).
36. Sing praises to God. (SDA Bible Commentary, vol 7, p 936; Adventist Home, p 443).
37. Watchfulness. (Testimonies, vol 2, p 511, 283).
38. Do not reason with it. (Counsels on Health, p 587).
39. Silence and withdrawal from evil associates or churches. (Sons and Daughters of God, p 164).

## PROMISES TO CLAIM REGARDING TEMPTATIONS

1. God will keep you from the hour of. (Revelation 3:10).
2. God gives strength to overcome. (Child Guidance, p 467; Temperance, p 105).
3. Light from heaven will come as we pray. (Desire of Ages, p 113; Steps to Christ, p 95).
4. Angels are sent to rescue the faithful. (Testimonies, vol 3, p 47).
5. All can overcome. (Selected Messages, book 1, p 226, book 2, p 137; Testimonies, vol 3, p 46, vol 5, p 47; Counsels on Diet and Foods, p 186).
6. Divine power unites with human power to resist. (Testimonies, vol 4, p 32-33).
7. Every provision has been made to help. (Testimonies, vol 5, p 574).
8. God removes for sake of the weak. (Prophets and Kings, p 255).
9. God will bring truths to memory to combat. (Great Controversy, p 600).
10. All things work together for our good. (Romans 8:28; Ministry of Healing, p 489).
11. God permits none to come which cannot be resisted. (1 Corinthians 10:13; Patriarchs and Prophets, p 332).

## MISCELLANEOUS REGARDING TEMPTATIONS

1. No excuse for sinning. (Testimonies, vol 5, p 177; Adventist Home, p 331).
2. Our own act and choice to yield. (Testimonies, vol 4, p 623, vol 5, p 177, vol 2, p 294; Great Controversy, p 510).
3. Manifests true spirit in heart. (Sons and Daughters of God, p 62; Bible Commentary, vol 1, p 1094).
4. Invented to destroy our faith. (Sons and Daughters of God, p 294).
5. Is essential to our final victory. (Great Controversy, p 528).
6. Only overcomers will be in heaven. (Sons and Daughters of God, p 348).
7. Praise God when in. (Testimonies, vol 2, p 593).
8. Safest place to be when under. (SDA Bible Commentary, vol 7, p 937).
9. What to remember when under. (Testimonies, vol 3, p 378).
10. What to do when you cannot control circumstances. (Testimonies, vol 3, p 45).

It is hoped that this short list can help you to overcome all temptation and sins. Please remember the 4 keys to successfully overcome - **R.P.S.R. (Recognize, Pray, Submit, Resist)**. And always remember to pray for strength to overcome, and then escape sin through your Saviour's divine power to the glory of God.