
STRENGTH

IN

TEMPTATION

AND

CRISES

RYA DEBORAH

A SURE GUIDE TO HANDLING CHALLENGES

ACKNOWLEDGEMENT

All thanks to Almighty God for the wisdom and strength to complete this work. I am indeed grateful o Lord

DEDICATION

I dedicate this work to Almighty God

I also dedicate this to everyone who has ever faced a temptation, will face a temptation, or currently facing a temptation

To everyone who always faces temptations or crises a particular area of life

You can always rise from your slumber Rise from your defeat and keep pressing for the prize

Remember, He will never give up on you

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CHAPTER ONE

UNDERGOING CRISES

There are reasons why diverse temptations happen to a person, but if we start contemplating them, may become unfathomable.

In all, life is all about growth through the negative and positive experiences that present themselves. Some of these experiences soften us, while some others harden us

As an individual, you decide the way you respond to negative experiences – crises

Two individuals lost their jobs, all of a sudden, while having a lot hanging on their necks Individual A, with all the pressures coming from family, friends, status quo; drowned himself in depressing thoughts. Gave in to drinking, adopting a lifestyle he was not used to. Eventually, he gave up the ghost

Individual B, on the other hand, sat down and analysed the situation, gathered himself together and started afresh to seek for better opportunities. Little by little, he began to grow again

These are two practical life situations There are times when crises occur, and if not handled properly, leads to further crises Crises is part of existence, therefore the way we handle crises determines how we come out of it

WHY CHRISTIANS EXPERIENCE CRISES

Christians are no exemption from life's challenges. When a challenge (temptation) is not properly managed, it grows into crises

Though God has a perfect plan for everyone, he sometimes permits some challenges to come our way As Christians, we do not enjoy going through crises because we have a God who protects us This God is also a mighty deliverer Crises hit both believers and unbelievers for some reasons which include:

REPLACING GOD WITH SOMETHING ELSE

Due to the cares of life – love of money, recognition, power, etc, people have the tendencies to replace God with someone or something else. This can be done either consciously, sub consciously or unconsciously Replacing God's position in our heart is one of the ways through which Satan has an entry point The second commandment says, "Thou shall have no other God..." This means we are to put God first in all areas of our life, at all times God is a jealous God and will not share His position or glory with anyone or anything

Putting God first also implies, we seek the kingdom of heaven and its' righteousness first When this rule is obeyed, every other thing is added unto the fellow that obeys This includes all things, anything at all

God in His providence provides for us but also wants us to entrust all our cares, burdens unto Him

Replacing God simply means, you have allowed something to take up God's position For instance, let us say you are relaxing with your

friend, someone else approaches and you are automatically replaced. The scene above simply means, your friend has given up your position for someone else. If you are in the shoes of the replaced friend, you will not like it. So is it between God and man.

When God's place in a man's life is replaced, God simply takes the back seat and lets him or her take charge. But the enemy is always seeking for whom to devour, therefore he actively hunts down such a fellow. But God is ever waiting for you to return to Him. He will accept anyone who diligently seeks Him.

BEING TESTED

Hitting crises could be that the enemy is trying to pull you down. And God is watching to see if you will go against Him by giving in to the temptation. Job is a man in the Bible who passed through unbearable pains that at a point his wife asked him to curse God, but he refused.

Job steadfastly waited on God to deliver him. After he lost all, he kept waiting on God, until God restored all that he lost.

Most times, we praise God for the great blessings he is giving us, but when these blessings seem gone, we get embittered, saying terrible things to God. At times, we can go as far as breaking the precepts that God has set for us, which leads to more crises.

Once a while, God can decide to test our loyalty to Him. God does not tempt, but Satan does. Jesus was led into the wilderness by God but He was tempted by Satan. Passing through a temptation does not mean you should give in to the temptation. Rather, it is a time to

hold fast to the promises of God It is the time to speak the word of God into your life and to that circumstance Giving into the temptation means failing a test Failing a test means breaking your loyalty to God Breaking your loyalty to God means that spiritually a hedge around you is broken The enemy can go to any length to tempt an individual The enemy can tell you that, even if you break your loyalty to God, God will still forgive you, just to get you to fall into the temptation

But remember that in the bible, those who overcame the diverse temptation that came their way, were elevated higher than they could ever think of

For instance, it is never recorded that Job cursed God, or uttered any unjust word to God, therefore, God blessed the latter end of Job much more than his beginning

God blesses you more when you overcome a temptation When you take a stand not to give into a temptation and keep to your stand The blessings of God abound much more

GOING OFF THE TRACK

This is another reason why temptation come calling God has a plan and purpose for every life When a believer is undergoing temptation, it could be a pointer that the believer is no longer on the track of God's purpose for him

When a person goes off track, it seems good at first but gradually, you find out that terrible things begin to happen These terrible things are pointers that you should return to God God has the best

plan for every individual No matter how good what you want for yourself is, listen to God first, God has something far much better than what you want for yourself He sees the future, the present, the past He knows you better than you know yourself He wants to give you the best

God will not bless what He has not granted He will not prosper what He has not established For instance, after God spoke to Abraham that he would bear a son, Abraham went in to Haggai and they produced Ishmael, the Abrahamic blessings that God promised Abraham did not pass to Ishmael, instead it was passed to Isaac who is the actual promised heir God spoke about Accepting God's plan for you as God has stated it to be, means accepting all the benefits – protection, provision, wealth, long life, name them

When a believer has gone off the track, the believer can always find the right track by coming back to God He is a faithful father, who never fails and will guide and guard you in His purpose for your life

When a believer is off the track, the enemy comes in to lure the believer farther away from Gods plan and purpose, inwhich at the end of it all, the believer falls into a dead-end The enemy will drive the believer to a dead-end through various means, with the aim of cutting such soul away from God and goes on to destroy such soul

God's plan is that we have life and have it more abundantly No one is perfect We may fall severally, but after each fall, we must rise up It does not matter how many times you go off track, what matters is that you come back on track

A MEANS OF DIRECTION

Crises could be that one door is closed and another is opening A temptation, crises, trial can be a means of God directing us to a specific point in life

God permits crises so that He can lead us to His purpose for life God will not leave His own un-provided forqq1 as If He provides for the sparrow surely, He will provide for the one He created in His image and likeness

It requires sensitivity to the leading of the Holy Spirit so that God can point out clearly to you what He wants you to do If God's direction is not clear to an individual, situations can become very confusing that the believer can find himself going off track Taking any step when confused can lead to further crises

Therefore, it is important for the believer to come back to God through praying and fasting, patiently waiting on God to get the desired clarity When the direction is not clear, any strike from the devil can be very disastrous

After the direction is clear, it is also very important to take the exact steps, God wants you to take This requires the believer to constantly pray to God It is in vain that a person directs himself - if God is not the one directing him Directing yourself means you are working by the flesh The prosperity of flesh fails You can seek for God's direction by meditating on the word of God, praying and seeking for God's help

God is the creator of your life Just like the manufacturer of a car is in the best position to give instructions about such car, so is God in the best position to direct your life He knows you more than you know

yourself He has the best plan for you and will provide even your wants, exceedingly and abundantly above

PURIFICATION

In God's on mysterious ways, He purges us of our impurities In this case the essence of the crises is to show us areas, in which improvement is needed in our life

Being in crises brings out flaws which can be further worked on When these flaws are worked on, a better individual emerges from the crises

If the flaws are abided to, it leads to character deformation or it becomes an obvious character flaw.

Letting go of our flaws, brightens the light in us As gold and silver are purified so are we Purification brings forth better qualities, virtues Some qualities that can be developed through crises are; peaceful heart, appreciation, faith, tenacity, self-control, courage, obedience, patience, perseverance e.t.c.

Some of the vices purged off are envy, ungratefulness, fear, doubt, unfaithfulness, anger, pride, haughtiness, worry, covetousness

The more we let go of vices, the more we become better people God through the crises or temptation brings something great out of you It is not by your strength but by His grace that you are able to overcome As we go on in life enjoying the flow of being successful, there is always that tendency to start relying on your natural abilities thinking it is your own strength while it is God's grace carrying you through

God's grace is the enabling power that carries us through, even in the little things. Though we do not realize this, but it remains a fact. We need to be appreciative of God's grace. Relying on our abilities make us grow in pride and self righteousness. These further give room for other vices to grow. This is why it is wise to be careful when you think you are standing lest you fall.

A MEANS OF DISCIPLINE

Whom God loves, He chastens. Just like parents who love their children will discipline them, God does discipline His own. And one of the ways He does it is to let some problems or crises come His child's way. As human, the only way we learn most times is by being burned. Sometimes we are unable to hear from God or follow the path God wants us to take. So we misbehave and start to stray away from God. After we are hit by some crises, we then find our way back to God.

God disciplines us not because He hates us but because He cares for us and truly loves us. God's discipline helps us live a more saintly life.

When a child is not disciplined, he turns out to be a problem to his family and the society. When a child is disciplined, he becomes a blessing to his family and the society.

Just like any parent, God disciplines His own so that they can become blessings to their life and the life's of others as well.

ADAMIC CURSE

After the fall of man in the Garden of Eden, God placed a curse on Adam and Eve, from whom the whole humanity sprang forth

Due to the nature of sin in man, crises, challenges, tribulations, temptations occur But Christ (God in form of man) came to redeem us from such laws

This way, we are all pilgrims on our earthly sojourn We no longer live under the law but under grace Therefore when we fall, we arise again through Jesus Christ The Adamic curse now becomes for us a blessing in disguise because while we are yet sinners Jesus Christ paid the depth for our sins

Therefore, the crises and temptations that comes our way, does not destroy us but builds us up to be always and always Christ like The sinful nature in us instead of leading us away from God becomes a stepping stone through which we become Godly

Instead of giving in to the law of sin, through our weaknesses or the crises that come our way, we take these as special opportunities through which we let the light of Christ shine brightly through us, because Christ Jesus has paid the dept and is one with God

The limitations we experience as we live in Christ are not there to hold us down, but are there to uphold us It then gives us the opportunity to get molded again into God's image and likeness

One with God is majority; therefore without God you cannot overcome crises Even when it appears to be you, it is God at work in you

TO PROTECT YOU FROM HARM

There are times when God allows certain crises or temptation as a means of protecting us from a bigger harm As in the case of Esau and Jacob, If Jacob had remained in his fathers' house, out of the furious anger Esau had against Jacob, Esau may have killed him or an irreconcilable damage may come into their family which may lead to crises and may bring about the death of two of them. The bible didn't tell us these, but chances are that situations like these would have occurred Therefore Jacob had to run to Leban's house for safety Jacob remained there for 14 years until the time when God wanted him to return home While Jacob was in Leban's house it was not a smooth journey all the way, first he wanted to marry Rebecca but Leah was married to him instead He had to tend the livestock of Leban for years. When he prospered, Leban's sons envy or maybe Jealousy fell on him

There are times when God will ask or put us in a certain place, and in such places we experience difficulties and we wonder "where is God" In such situations, you try to move on you can't It appears as though you are stuck in a situation By human understanding, it seems you are wrong but by divine understanding you are right and in the right place

Don't be in a haste to move into your land of destiny (Promised Land) You may arrive early and build up structures which are not supposed to be there Structures which you will need to tear down before building what God wants you to build At times, it is better to arrive late than on time

Remember that God's will is backed up by God's grace When you don't pull down such structures, they can become satanic strongholds

GOD WANTS YOU TO REALIZE THAT IT IS BY HIS SPIRIT NOT BY YOUR MIGHT OR ABILITIES

As we learn to work with God, His will, plans and purpose is made known to us. But at times we begin to depend on our human understanding and abilities to achieve God's purpose, most times missing God's timing or messing up the process God wants us to pass through Depending on our abilities we cannot achieve by ourselves without Gods' grace supporting us, what God wants to do in our life

When God promised Abraham that his wife would bear him a child, they were both old, but by human understanding and knowledge offered her maid servant Haggai to stand on her behalf The union produced Ishmael

Ishmael was a child of Abraham but not a child of Sarah

She was trying to use human ability to achieve what God by His power wanted to achieve She missed God's timing and support Therefore the union produced Ishmael who was not the promised heir of God But at God's own time, and by the faith they had in God Sarah bore Abraham a son, Isaac who was the promised heir, and the bearer of the covenant from which the children of Abraham multiplied in numbers

The birth of Ishmael was based on the abilities of man, but the birth of Isaac was based on God Being that we are created in the image and likeness of God, we are given the grace of knowledge; therefore we know how to go about things

Truth be told, what God have not caused to grow and flourish will not carry the blessings of God If Abraham and Sarah had not leaned on human understanding,

Ishmael would not have been produced, for he was not the promised seed

The bible admonishes us to lean not on our own understanding (proverbs 3:5) Without God's enablement as a human being you cannot achieve His plan or purpose for your life This is why it is necessary to ask God to direct your steps and your path, irrespective of what you may or may not know

It is by God alone that you can fulfill your destiny and God's given purpose not by your wisdom This is evident in the battles that the children of Israel had to fight before they got to the Promised Land It was very clear that odds were against them, but yet by God they won their battles to the glory of God

GOD WANTS YOU TO STAY TRUE, LOYAL AND FAITHFUL TO HIM

The first commandment says "I am the Lord thy God thou shall have no other god besides me" When God says a word, He means it He is also a jealous God. God also wants those who serve Him to serve Him in spirit and in truth

God wants an unquenchable and unparalleled loyalty, truthfulness, faithfulness, and trust from us. God wants us to be obedient to Him

Some crises arise when we replace God in a persons' life with anything at all Before the death of Jesus Christ on the cross, he once said, "give to God what belongs to God, and to Caesar what belongs to Caesar" If we follow this rule, we would save ourselves lots of

headache Putting God first has a way of bringing favour, success and blessings untold our way

When you read through the bible, you will find out that those who were loyal, faithful and true to God and always trust God excelled much more than their contemporaries The blessings they received from God did not make them turn away from God Instead they served God even more They counted on God, and He never failed them Even when there seemed to be no way, God made a way While it appeared that the odds were against them, God stood by them, therefore they were majority irrespective of who was there enemy at any point

They were still those who turned away from God to other gods. In turning away to other gods, they lost it all There are many examples of such in the bible as well ##Double standard is unacceptable to God##

There are many examples to choose from Those who choose God are never disappointed God, rather they excel But those who turn away from God after success, it takes only a short while before the reality of their lose sets in

Make a wise choice of choosing God today; you will never regret your choice Even if troubled sea arise, He will calm the sea for your sake and will never depart from you Praise the Lord, and forget not His benefits

SEEK THE KINGDOM OF GOD AND HIS
RIGHTEOUSNESS FIRST

This phrase is found in Matthew 6:33 It continues thus “and everything will be added unto you” At times though we put God first, we neither seek His kingdom and His righteousness If we think that the standards of God are very far from the standard of the world, let us remember that they are infallible When we start thinking of flesh and what pleases self alone, we start to miss it

There is nothing lost in seeking the kingdom of God and His righteousness In so doing you gain it all What you think you will lose by serving God, you at the long would find out that you gained It pays to serve God, it pays to seek His righteousness

Do not only seek God, also seek His kingdom and righteous If you ever lose a thing, it is the nature of sin which by the blood of Jesus Christ shed on the cross of Calvary, you have already been redeemed from

Seek ye the kingdom of God and His righteousness and everything else will be added unto you There is nothing else to say, just “taste and see, the goodness of the Lord”

Since we now have reasons why as Christians we encounter temptation or maybe crises, we ask the next question What is the cause? To treat a fever, you need to find out the actual cause You cannot treat headache that is caused by flu as a fever that is caused by toothache Finding that the actual cause of the fever is toothache will help you know the right medication to take

WHAT CAUSES TEMPTATION

SLEEPING OFF (Luke 22:46)

“Why are you sleeping?” he asked them: Get up and pray, so that you do not fall into temptation This a question to ask yourself; Am I sleeping off while living as Christian? This is a question worth being answered by you to yourself The truth is that you cannot live a Christian life well without Christ living through you In the age where there are a lot of make believes, one can only rely on God’s grace and guidance

You could actually think you are awake not knowing you are deep asleep When you are living the Christian life and still persist in various forms of sin, check it, you could be sleeping on duty No one is perfect, but there are always things that should be given up

The other way round, you may be trying your best to live the Christian life to the best of your abilities but yet, you find yourself falling asleep This is why we constantly need the high priest Jesus Christ to always advocate on our behalf and the comforter, to wake us up again and again each time we sleep off

On our own, we cannot make it, but with God on our side we can make it One with God is always a majority

TEMPTOR

It is usually the devil who tempts no matter the circumstance Even when a human being is used, the human being is only used as a

means When you read “Luke 4: 1 – 13”, Notice how the Lord Jesus Christ was tempted by the devil

The devil said, “If you are the son of God,” that means the devil can use your position as a child of God to tempt you By telling Jesus, “if you are the son of God, tell this stones to become bread,” The devil was trying to use the anointing Jesus had as God in form of man to tempt Him (Jesus)

“Turn these stones to bread, “meaning the enemy was using what Jesus could eat to tempt Him because he knew Jesus was hungry Jesus had already fasted forty days and forty nights and was without food Check out the answers Jesus gave to him Jesus did not keep quiet but answered with the scripture

The response Jesus gave was direct Jesus said; “it is written, Man does not live on bread alone” Jesus did not start discussing or negotiating with the devil And after taking an action by responding, Jesus was quiet It is not recorded that Jesus started murmuring or bordering himself about it

This is where some of us miss it, in the face of a temptation, you do not take the bait and expect the hook not to sink into your throat Remember the hook is always hidden in the bait You may not notice the hook until the bait had descended down and most times deep down

Just as Jesus did, give a quick response, stand on your point and stand firm on your response Give no chances to negotiations or discussion It is not a time to play smart, just **say NO and act NO Mean what you and mean what you act Do not shake even if the devil starts throwing tantrums at you**

Do not rely on your strength for if you do , it will fail you, instead rely on God's strength through Jesus Christ Yet again, the devil tempted Jesus again, even after Jesus had defeated him The devil led Jesus to a high place and showed Him in an instant all the kingdoms of the world Now when devil could not get Jesus, he changed strategy using the lust of the eyes this time It continues this way, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want" The devil did not stop at showing Jesus, he went ahead to tell Jesus "I will give to you" But yet again, **Jesus did not give him a chance He spoke again by the word of God again** Then again the devil tempted Jesus again, this time he added "if you worship me, they will be yours" The devil is **never** tired of tempting anyone, **your role is to overcome him no matter the number of times he comes tempting**

Pause awhile to think about this scenario, he was using the splendor in God's own creation to ask Jesus to give him; the devil the worship that belongs to God Therefore, the he was using God's splendor in creation to tempt the humanity of God (i.e Jesus Christ, God in form of man)

Let us look at the response of Jesus Jesus answered, " It is written, worship the Lord your God and serve him only" **Again Jesus gave a short, firm and direct response Jesus gave his answer without mixing words When you follow this method, it will not fail you A situation on temptation, is not a time to play around Do not fear, give the direct and appropriate response**

Remember that before Jesus ascended into heaven, He promised that those who believe Him will do the same work He does and even

greater works (John 14: 12) because He is going to the father (God almighty)

EAT AND DRINK, BUT HIS HEART IS NOT WITH YOU (Pr 23:7)

When a person's heart is not with you, such a person can easily harm you in various ways This is why we need to be careful of those who draw close to us and who we take as friends We have to be careful, who we give our heart to

In the bible, we are told to trust no man but God You need to be discerning to know who is a good friend and an enemy disguised as friend A good friend's heart will be with you no matter how far they may be physically away from you

There are friends who are closer than brothers Such a friend will try his best to protect and keep save a friend I have seen such a friend who had an accident trying to save another from being crushed to death They both had the accident and survived Your kindness to a person does not mean they must return kindness There are people whom no matter how much you help them, will always back stab you and even kill you if you are careful Know that a scorpion's nature is to sting

There is a friend who will never fail you, that friend is God - an ever present help in time of need Is anyone in need of good friend, let him ask of God the giver of good gifts. For the blessings of God adds no sorrow

A good friendship can also run out of wine This is why you need God to mend your broken heart and replace the good flavour of the friendship

Good friends even when they part, part with good memories There may be fights but the good memories will always outweigh the bad memories

A person whose heart is not with you will easily lead you into temptations that will eventually drown you and leave you broken through life

THE DEVIL

Matthew 4:1 tells us that “Then Jesus was led up by the spirit into the wilderness to be tempted by the devil” It is not God that tempts a person, it is devil God allows us to go through temptations, but He will not give us more than what we can handle The devil tempts us because he wants us to give him the glory that belongs to God He wants you to give the place of God in your life to him The devil wants one thing from you, which is your soul through worshipping him and using the talents, abilities and gifts God has given you to serve him instead using your soul, gifts and talents to serve God

But God tells us that we should have no other God besides Him Satan is aware of our heritage as children of God through Christ Jesus. That is why he is always trying to kill, to steal and destroy The devil does not rest a moment he constantly prowls around like a roaring lion, looking for whom to devour **This is why you have to fix your eyes constantly on Christ Jesus so that you do not fall** Beware of the devices and strategies of the devil

THE SIN THAT DWELLS WITHIN

So now it is no more I that do it, but sin which dwells in me (Romans 7: 17, Easy to use bible). As Jesus said, it is not what goes into a man that makes him unclean but what comes out of a man, so is it The sin that manifests in a person's life is a result of what is within a person It is what comes out of a man that defiles him (Mark 7:20 New International Version)

There are times, when what we say with our mouth gives devil an entrance point to come to tempt us

There are also certain actions that give devil a chance to bring about temptation There also thought patterns that expose us to temptation Therefore we need to be conscious of what we think of and what we say We also need to be conscious of our actions When we always sanctify our thought life, speech and actions then we do not remain prey to the devil, we become more than a conqueror through Christ And by Christ, we then do all things No longer the sinful nature living through us, but the nature of God because Jesus Christ is constantly advocating for us

IGNORANCE

My people are destroyed from lack of knowledge (Hosea 4:6). There are actions we take which lead us into temptation Initially we take them as casual issues not knowing that the resulting effect is dangerous The heart of the discerning acquires knowledge, for the ears of the wise seek it out. (Proverbs 18:15 New International Version).

Do not let yourself remain ignorant Always, try to think thoroughly of an action before taking any step at all. Ignorance has led to the destruction of many

DESIRES

But those who are determined to be rich fall into a temptation and a snare and many foolish and harmful lusts, such as drown men in ruin and destruction (1 Timothy 6:9; Easy To Use Bible).

This can as well be termed unruly desires Don't get it wrong There is nothing wrong with having desires but when the desires become uncontrolled, they can lead one into temptation and crises Desires are part of the characteristics of humanity It helps us grow but just like every other characteristic is to be regulated, desires too must be regulated

Being content and Godly is a great gain, for it saves one from a lot of mishap Being Godly is not a means of selfish gain, but a means to portray good qualities and virtues which enhances human life and advancement

The love of unruly desires is the root of all evil The sources of unruly desires include money, prestige, and power It is greed that has led to the downfall of many Therefore it is important to watch the desires of your heart Do not let them lead you into temptations or unnecessary crises Do not place your desires above God or use them to replace God, when you do so, you play into the hands of the enemy

FALSE TEACHING

Whoever transgresses and doesn't remain in the teaching of Christ, doesn't have God. He who remains in the teaching, the same has both the Father and the Son. If anyone comes to you, and doesn't bring this teaching, don't receive him into your house, and don't welcome him. For he who welcomes him participates in his evil works (2 John 9 – 11, Easy To Use Bible).

Any teaching that transgresses from the teaching Christ does not have God and the son in it. At times, in the process of teaching the word of God people cross the line, and begin to teach something else.

Also in the process of practicing the word of God, people begin to practice something else instead of the truth. Know the truth, so that you can be guarded by the truth. Ask God to open the eyes of your understanding, while making you sensitive to His spirit.

The false teaching may be introduced consciously or otherwise. But, in the above verse, we are to reject such teaching, and should not welcome any one who brings it.

False teaching is what leads most of us into temptation because it always has a way of squeezing the truth out and exposing one to risk. When you have the true teaching of Jesus Christ in you, you have the Father and the Son in you and therefore the Holy Spirit takes charge, ministering and bringing the work of God to perfection in you and through you.

LITTLE FOXES

Catch for us the foxes, the little foxes that spoil the vineyards; for our vineyards are in blossom (Songs of Song 2: 15).

There is a popular saying that it is the little foxes that spoil the vineyard It is the little, little I want some more that breeds greed It is the little, little anger that breeds murder It is the little, little more to myself alone that breeds selfishness Just to say but the least This is to say that every deed starts from a seedling size and grows into a plant size

Remember that attitude becomes habit Habit becomes character and character becomes destiny Every attitude starts from your choice of behavior Your choice influences your behavior and attitudes As you continue in a choice, it begins to grow in you Therefore when you make a wrong choice, you may say or think it does not matter but it is growing into a little fox When the little foxes are grown, they destroy the vineyard Therefore when the bad behavior grows, they destroy the good ones you have already bred

Bad company destroys good manners In the company of your bad attitudes, the good ones you have already bred are lost gradually This is why you need to get rid of the little foxes before they spoil the vineyard

At times in the cruise of life, when the vineyards of our life are in blossom, the little foxes we have had comes up and destroys the blossom Then we begin to cry

Remember it is the enemy within that helps the enemy without No one can hurt you without your help in any way

This is why we need to get rid of the little foxes in our life, they are little, fragile and appear harmless, but in them lies the very seed of destruction

We cannot do it all alone, nobody has it all Yes no one is perfect, but we all work towards perfection This is why we need Christ the author and finisher of our faith to help us You need to rely on God through Christ to help you with the internal weeding of the little foxes For the sorrows and toils of life instead of producing vine grapes when not properly managed could produce little foxes

GOING AGAINST THE WILL OF GOD

Not everyone who says to me, 'Lord, Lord', will enter into the kingdom of Heaven; but he who does the will of my Father who is in heaven. (Matthew 7: 21)

When you don't know the will of God concerning a situation, it can lead you into temptation Remember, temptation in itself is not a sin, but giving into temptation is what brings about sin and is sin

That a temptation is before you or that someone is tempting you does not mean you have to jump right into it Temptation is just like suggestion That someone has suggested something does not mean you must obey such suggestion

You can know the will of God concerning a situation through the bible and through the ministering of the Holy Spirit The ministering of the Holy Spirit goes in accordance with the word of God The will of God can also be known through prophetic utterances and revelations You will need the gift of discernment to ascertain clearly what God is saying

to you When you know the will of God for you concerning a situation, you must give your best in obedience to the will of God, no matter how difficult it may appear or sound

Give God's will your full obedience because every temptation to go against the will of God, is a temptation to disobey God

Obedying God's will brings about peace in the heart which the world cannot understand, neither is it able to give such peace You can do the will of God by grace not by self will When you depend on self will to do the will of God you stray away from God by missing His timing

CHAPTER TWO

GOD'S STRENGTH

Once upon a time, I listened to a sermon in which this story was told, though there are different versions. The story goes this way;

A daughter came to her mother and complained about how difficult life has become. Therefore, her Mother took her to the kitchen and asked her to watch what she is about to do. She placed three pots on fire, placing some carrots, eggs and coffee in each pot. After which she boiled them. When they were completely boiled, she asked her daughter what she observed. The daughter explained, "The carrot had become soft, the egg became strong while the coffee changed the colour of the water." The mother further explained to her; "while people go through challenges some become softened and from henceforth prone to succumbing into such situations whenever they come by. Some others become hardened by their challenges while some others triumph over such situations. She told her daughter to choose her response from what she has learnt from the kitchen that very day."

When God's strength is at work in us, we triumph over situations. In the mist of all the crises and challenges, the light in us burns brighter. The virtues portrayed at such point are like light upon the hill. Those who rely on God are never disappointed, because God sees them through in all circumstances.

Jesus Christ at some point while He was crucified cried out to God, "Father, why hast thou forsaken me?" God saw him through it all.

Jesus overcame every temptation that came his way He was scourged, crucified, died, buried, and was raised on the third day by God Today, we enjoy the benefits of his suffering He still stands as a shining example right before God and man irrespective of the plans and wiles of the enemy

David of the Bible was a man after God's heart, God never disappointed him By God he fought and won every battle He had the habit of seeking God first

Daniel never joked with praying to God, even when he was thrown into the lion's den, the lion treated him like a friend. He was later pulled out of the lion den without any form of deformity

Saul wrote over 10 chapters of the new testament of the bible, though he persecuted the early Christians, in him became exemplary the virtues of Christianity and true apostleship All these men in the bible at some point experienced crises, the virtues they portrayed became light through which others could see Those who imitate their exemplary act come out with at least the same result Therefore, it is clear that in crises people can come out conquerors

STAYING POWER OF GOD

God is ever faithful The ancient of days is faithful to keep to His words Yet He allows temptation come the way of His children, but always provides an escape route so that the temptation does not overcome His children instead His children overcome the temptations

He is the creator and understands His creation more than the creation can understand itself Therefore He does not give you a temptation that is more than you

For any temptation someone is going through, there is always someone somewhere who has already overcome same Therefore almost everybody has a similar experience Most times before a temptation comes, God has already sent help The only challenge therefore is to recognize the help But you need God's strength so that you are able to discern the help God has sent and you do not mistake it with the tricks of the devil

To overcome a temptation, you cannot rely on your abilities Depending on your abilities means you gradually play into the hands of the devil When you rely on God by His mercy and grace, He sees you through in that situation for in our weakness, He makes us strong When we are poor, He makes us rich

Therefore, it is important to be constantly prepared, because when one thinks one is at strongest point that is when the enemy strikes hardest You have to be constantly prepared in such a way as if you are aiming for a prize There is no point of rest There is no place for the feeling like "I have arrived" When you feel you have arrived, and want to take a rest, a little while the enemy strikes

You prepare and overcome temptation by feeding constantly on the word of God For the word of God is a lamp and light unto your feet and path The word of God is sharper than a two double edged sword The word of God is spirit The word of God is full of power and is able to accomplish what ever God wants The word of God strikes the enemy so hard that the devil cannot survive it God's

word can never miss its target and accomplishes that which God has sent it to accomplish

Jesus Christ paid the prize by the sacrifice of Calvary. At the mention of His name, every knee bows. By the blood of Jesus, the victory has already been won on our behalf. The blood of Jesus and the name of Jesus is the enemy's defeat. At the mention of the name and blood of Jesus many things happen. The name and blood of Jesus is filled with such power that the enemy has no other choice than to give up and let go.

When we form the habit of relying on Jesus Christ's sacrifice on Calvary, the enemy has no entry point. The blood of Jesus which is one of the products of the sacrifice of Calvary brings the overcoming of temptation and so many other blessings which we begin to experience as we continue to work with God and giving God the chance to work through us.

Therefore we are not to make provision for the flesh as we abound in grace. You cannot overcome temptation by depending on the flesh in any way. To overcome temptation you need one thing and that is God.

STRENGTH IN CRISES

Know the real opponents: Ephesians 6:12; (For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places)

At moments of temptations, we often mistake the true opponents. Though these opponents operate through flesh and blood, but the

flesh and blood is not the main cause The true causes are the principalities, the rulers of darkness, and spiritual forces of wickedness Knowing the true enemy empowers you to fight with the right weapon Therefore the weapons of warfare are not carnal but mighty through the pulling down of strongholds

Remember whatever serves as a stronghold against God by error or by chance becomes an entry point from which the enemy begins to strike Therefore our strength in God comes through putting on the amour of God (Ephesians 6: 12 – 19). You can make it with God on your side Let God lead you, while you take the responsibility of following God

PAY EVIL WITH GOOD

Since we now know that the enemy works through human beings, we are not to pay such human back with evil Divine vengeance is always hotter than human vengeance What goes around comes around therefore let God handle the situation Himself Be wise with such people In as much as you associate with them, you are not to mingle in their way of life

It is not easy paying evil with good, we need the wisdom of God and understanding to do this well for it is in doing this that we inherit the blessings of overcoming temptation and crises You need to rely on the wisdom of God to do this Instead of sowing evil, sow compassion, courtesy and every other virtue that is appropriate at such time By so doing, we reap good in return This is a way of fulfilling “if someone slaps you, give the other check in return”

JESUS CHRIST IS ABLE TO SAVE

(He is able to save them to the uttermost that comes to God by Him, seeing He ever lives to make intercession for them. Hebrews 7: 25) Yes! Jesus Christ is able to save every bit of those who draw near to God through Him Jesus from moment He shed His blood, became our high priest before God and He makes intercession constantly on our behalf When challenges strike be it a crises or a temptation, when we call on Jesus Christ, He does not fail to answer For He was tempted in the same way we are tempted but He remained undefiled, holy and guiltless

He feels our pain and understands every bit of what we experience I have never seen anyone who called without being answered unless He called without faith For it is impossible to please God without faith For by faith as small as a mustard seed, we move mountains

AVOID HUMAN ANGER

The anger of man cannot produce the righteousness of God (James 1:20 ETUB) Sometimes during temptation, one maybe provoked to take laws into one's hands This provocation can further lead to more problems Instead of counting on human anger, avoid provocation for they are part of the devils weapon against you Instead depend solely on God through Jesus Christ who is your strength Human anger makes you depend on human abilities unless used wisely Rely on God and His righteousness, this provides the grace to overcome

AVOID UNGUARDED STRENGTH

Most times people always fall at the point they felt they were strongest That time you feel you are in a safe region to relax that is when the enemy strikes you down To overcome and to keep overcoming, you need God's guidance throughout

That time when you think you have sufficient knowledge on how to handle a situation, that is when it gets worse the most This is why you can never over rely on God An example is when Peter felt he would by himself prevent the suffering Jesus Christ had to experience, that was when the enemy tempted him into denying Jesus Christ To triumph over and over again, we need to constantly rely on God's steadfastness, for He knows better than we do

PRAYER

Watch and pray that you do not fall into temptation were the words of Jesus Christ To avoid or overcome temptation, you have to constantly pray to God A prayerless Christian is a powerless Christian. Prayerlessness breeds pride and the rest

Prayerlessness gives the enemy a chance to strike Praying provides an avenue for God to be at work Prayer is the way of communicating with God A Christian who constantly prays to God by faith and obeys Him overcomes

Maintaining a prayer life should not lead to self righteous but should lead us closer to God A healthy prayer life requires forgiveness and rest He who does not know how to pray can ask God to teach him

WALK IN WISDOM

Wisdom is essential in all we do The strength we need does not come by relying on ourselves Do not trust even yourself, trust God

Trusting and praising God is a great source of strength Human wisdom is not enough but divine wisdom is more than enough Divine wisdom begins to operate when we have an absolute trust in Jesus Christ God provides for the sparrow, what about you He created in His own image and likeness What about you He made little lower than Himself God cares deeply for you that He offered up His only begotten son Jesus Christ to shed His blood and die for you Always bear in mind that God is mindful of you

HOW TO OVERCOME TEMPTATION

GOD WILL NOT GIVE YOU MORE THAN YOU CAN BEAR

(There has no temptation that has taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that you are able; but with the temptation also make a way to escape, that you may be able to bear it (1 Corinthians 10: 13).

When you are conscious that you are not the only one in the whole world having a certain challenge, then the situation becomes bearable, because you are not left out When you are aware that you are not the only one, the strength to endure without compromising begins to operate Any temptation any one has is peculiar to human race The difference is that we experience them at different points

and stages Therefore, the resources to overcome any temptation are always available The starting point is to believe and work by faith

GOD IS NOT A TEMPTOR, THE ENEMY IS

(Let no man say, I am tempted by God. James 1:13) God is not the one who tempts It is the enemy that tempts God allows temptation to come as part of His divine purpose for our growth The weather condition that hits a young plant brings growth, so does temptation The essence of temptation is not to weaken us, but to strengthen us So that in our weakness God becomes our strength and the bridge on which we crossover The enemy comes to destroy but God restores life

WE HAVE A HIGH PRIEST WHO INTERCEDES FOR US

(For we do not have a high priest who can't be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin (Hebrews 4:15))

This is indeed a mystery yet, it is just the point Jesus Christ our high priest understands what we pass through because in every way He was tempted and He did not commit any sin This is to say that it is possible for one to pass through temptation without committing any sin Therefore temptation is not a short cut to sin (vices), it is a way to develop new virtues or strengthen already existing ones When you look at how Jesus was tempted, notice that it was in the moment of

temptation that the virtue shone forth He overcame the enemy with short direct responses of what God says Let us therefore hold fast to our confession in Jesus Christ that we do not fall for the devices of the devil

SELF CONTROL

“Be sober and self controlled, Be watchful” The above phrase says it all Cutting down on the excesses and maintaining self control is paramount to overcoming any temptation

Remember it is the enemy that prowls around constantly seeking whom to devour Apart from being sober and self controlled, you also have to watch and pray, this way you are in constant communication with God When you have a constant communication with God, it becomes difficult for the enemy to operate Watching means to constantly meditate on the word of God

When you place your mind on the word of God, meditating upon it day and night, coupled with prayer, you create an atmosphere in which you are able to receive revelations from God Watching and praying keeps our communication path open to God, therefore as we communicate with God, God communicates with us

WITHSTAND THE ENEMY BY FAITH

No one ever overcame a temptation by looking under or at the temptation Anyone who overcomes a temptation did so by looking above (at God)

Believe foremost that God is the rewarder of those who seek Him

By believing, it is already established

To overcome, you don't keep looking at how the situation is affecting you When you

do so, you are tempted to compromise. You have to look beyond the situation, fixing your gaze on God alone and knowing that the light affliction you are facing now builds an eternal weight of glory. You keep pressing for the goal which is to overcome the temptation.

You need to believe that by faith you have already overcome because Jesus Christ the high priest who intercedes for us has already overcome the world. You don't have to only run the race, you must win the prize all through Christ.

HOW TO AVOID YIELDING TO TEMPTATION

Temptation when not handled correctly leads to crises. Prevention they say is better than cure. Temptation will certainly come but there are measures that must be taken to avoid yielding to temptation.

FILL YOUR MIND WITH THE WORD OF GOD

"I have hidden your word in my heart that I might not sin against you (Psalm 119:11 ETUB). Read the word of God, listen to the word of God, know the word of God, and practice the word of God. This way you will build an unyielding attitude towards temptation.

Temptation will come but you will not yield to it because you are already prepared for it. Just like any one who prepares thoroughly for an examination, experience success in the result of such examination, you will be able to stand tall till the end as you prepared yourself with the word of God and are standing by God.

Jesus Christ as the hour of agony approached His disciples and told them to watch and pray that they do not fall into temptation So is it for us, we have to keep watching and keep praying We prepare for temptation by feeding our mind on the word of God so that we are not ignorant of the devils devices

**FLEE FROM YOUTHFUL LUST, REFUSE
IGNORANCE AND FOOLISH
QUESTIONING (2TIMOTHY
2:22 – 33)**

Youthful exuberance in itself is not bad, but one must be careful not to give in to youthful lust because it is the means by which temptation come

Youthful lust in this case means the lust of the flesh. In order not to yield to temptation we are advised to flee from youthful lust. You can be youthful: but set your boundaries and maintain them

When you flee then you can avoid the temptation When you flee from temptation in your thoughts and mind then you can flee physically as well

Refusing ignorant and foolish questioning is another action you must take, if you are to overcome temptation, there are some questions which answering them can only lead to temptation Such questions are either ignorant, foolish or both No matter how tempting it may be to answer or give a response, think twice first and refuse answering such questions The answer you give is what creates an atmosphere for the temptation to set in Anyone can ask anything but make a wise choice not to answer no matter what may

This way, you avoid the occurrence of such temptations

Watch what you say or do or even think, for it is by reason of what you say or do or think that the enemy begins to launch temptations

It is better not to show yourself than show yourself and fall into a temptation

PRAY WITHOUT CEASING (1 THESSALONIANS 5:17, ETUB)

A praying Christian is a winning Christian. The fervent prayer of the righteous affects much

The power of prayer cannot be underestimated In your praying, pray with faith to God For without faith, you are not pleasing God By prayer, temptation can be avoided By prayer you can overcome temptation While praying against a temptation, it is very important not to yield to that temptation in action even in your thoughts

When you build into yourself the attitude of praying without ceasing, you stay connected to God; therefore, God reveals to you the wiles and devices of the devil He also shows you the escape route God will always care for His own but you have to stay connected to Him at all times to conquer any situation. His grace is sufficient to see you through

PAY ATTENTION ELSE YOU WILL DRIFT AWAY

Pay attention to the word of God, pay attention to what God says to you so that you do not drift away

If you do not pay attention to God and to the environment, how would you know that a temptation is around the corner, not to mention avoiding or overcoming it? In paying attention,

you also have to ask God to open the eyes of your understanding that you will always understand what is going on around you By paying attention at all times you remain alert When you pay attention to what God tells you, and obey Him, these devices and wiles of the devil will not see the light of the day Do not be distracted, remain focused Ask God to give you the grace to always pay attention to Him

BE MINDFUL OF WHAT YOU THINK

What your mind dwells on determines the issues that will affect your life That is why we are told to guard our heart with all diligence for out of it comes the issues of life

In Philippians 4:8, we are told “whatever things are true, whatever things are honourable, whatever things are just, whatever things are pure, whatever things are lovely, whatever thing that is of good report, if there is any virtue, if there is any praise, think about these things”

When you dwell your mind on such things, it becomes difficult for the enemy to sow any seed of temptation in you

When you dwell your mind on such things, it becomes easy to pay attention to God and any environment you find yourself in

When you dwell your mind on such things, you begin to feel the embrace of God

You experience God and get closer and closer to you

In all these remember that God detests pride Pride comes before a fall

BENEFITS OF CRISES

When God allows a crises or temptation to come your way, it is for a reason. Whatever God allows to come your way is for a benefit

We will be considering the benefits of facing a temptation or crises. Remember we are not to yield to temptation, we are to overcome temptations

FINDING GOD'S GUIDANCE

A time of temptation is when we are most likely to seek God's face and follow His guidance This is because we are seeking a solution to a problem During temptation and crises, we realize that only God can save, and human effort without God avails nothing God's guidance is what gives us the hope and faith that we will conquer, therefore we have that confidence to persevere in struggle and endure the pain until we conquer

It was the pain that Hannah had in her moments of barrenness that made her cry to God

She persevered waited on God God answered her and fulfilled her and she in turn fulfilled her vow to God

In finding God's guidance our relationship with God is strengthened

TRANSFORMATION

Another benefit of temptation and crises is transformation

At moments like this, being that we are as clay in the potter's house, He remolds us Since temptation and crises breaks us

down, we are transformed by the renewal of our minds for good
The hidden qualities, the virtues in us which would not have been
seen or

perceived are therefore seen as in light The purifying fire of God burns out the impurities in us leaving us pure

Crises and temptation are there to transform us into better people, we have a choice to make which is to choose positive transformation through which we aim forward to the glory of God and a better humanity Positive transformation helps us become shining examples to others for we are then placed as a light upon the hill, for all to see

STRENGTHENED

Through temptation and crises the virtues we already have become more obvious. They become solid foundation because we did not yield to it, but triumphed by God's help When we yield to temptation, our virtues are weakened but when we overcome temptation our virtues are strengthened The more we overcome temptations, the more the virtues are strengthened and so forth Our strength is renewed because we do not act on our own but by God's grace

We act through God by being obedient and alert to him

We are strengthened because we do not rely on our abilities, yet we rely on the mercy and grace of God

BUILDING FAITH

Yes! Building faith is another benefit of overcoming or avoiding temptation Remember we please God by faith Remember that those who pleased God in the bible pleased God by faith through believing that He has done what he said he will do

Temptation and crises are part of the ways by which our faith in God is stretched and exercised In the stretching of our faith, we grow in knowledge and experience of God

The more our faith is stretched, the more we grow This is the reason we can sit back and count or recount the goodness of God in our life

“If He did this for me, if He did that for me, He can also do this for me.”

"For He is a keeper of His words, always faithful". By this we are no longer terrified when we encounter some situations because we know that the stretching of our faith produces results, and the stretching of our faith pleases God God constantly watches over His word to fulfill it

God is constantly seeking out for who's heart is perfect after Him, so that He can show Himself mighty on such persons' behalf

REVALUATION OF CORE VALUES

Periods of temptation and crises is the season to find out what right you are doing right, what right you are doing wrong, what wrong you are doing that may appear right, what wrong you are doing

It is time to check your ways, thought patterns and mind consciously and unconsciously

In doing this, we find the values we need to build on, or what values are in conflict with our actions and align or realign them for our optimal performance

As a Christian, there are core values that must be constants, while some others are variables

Most times temptation builds on the lusts of our heart. These lusts are based on our core values. For instance, a person who places money as a core value is likely to be tempted to steal if the desire for money is not controlled.

Some of the core values that should be constant are putting God first, respect, humility, praying, fasting, feeding on God's word, and more.

There are so many of them.

Our values affect our choices, belief system and environment You need discernment to know which one of your values falls into any of the categories. You also need discernment to know which one you should give up on and which one you need to hold on to

RELEASE THE NEGATIVES AND NEGATIVE MEMORIES

Temptation and crises presents us with the opportunity to let go and release negative memories Until we release negative memories we are not able to move on in life because the negative memories create blockages These blockages then leads to satanic strongholds which can make a certain bad experience to keep on repeating The repetition of such experiences further strengthens the stronghold producing more negative energies and experiences Such negative memories are released by seeking for divine help from God, forgiveness; forgiving yourself and forgiving those who offended you Accepting that situation which you find unacceptable, learning your lessons, appreciating God for letting such to happen to you, appreciate God for the circumstances, seeking divine direction and waiting constantly on God When you release negative memories and experiences, you make it impossible for Satan to use such experiences as a point of entrance to torment your life

DEEPER CONNECTION WITH GOD

This is the time we need to bond closely to God It is in temptation and crises that we learn to depend on God because we realize that our own abilities cannot carry us far The deeper we connect with God, the

more His will for our life becomes clearer Jesus Christ is a perfect example of how possible it is to have an intimate relationship with God Before He died, he cried, "Father why have you forsaken me" Such a question portrays intimacy with God At the time Jesus Christ asked this question, He was in every way human. Only a person who has an intimate relationship with God will ask such a question

Apart from Jesus, there are so many examples in the bible of people who experienced intimacy with God while human

Intimacy with God starts from connecting with God and having Him as the only source This requires being open to God and giving Him all you are

God is constantly seeking those who will experience Him

He is not someone you experience by self will, when you go by selfwill, you open yourself to the enemy Deep connection with God is obtainable by grace and faith

THE CHOICE TO GIVE IN TO POSITIVE ENERGY INSTEAD OF NEGATIVE ENERGY

Just like when you lit a fire, light is produced also heat is produced

So is it with temptation and crises

In every situation, a choice is presented to you which is the choice to either dwell in positivity or negativity During temptation and crises negative and positive vibes are produced, which ever you dwell in multiplies in your life

Dwelling in negativity creates space for self pity, doubt,

bitterness, anger, name them

Being positive shows you the escape route from the temptation

ACQUIRE NEW VIRTUES

We are also able to develop new virtues in the period of temptation or crises The new acquired virtues are made manifest in our attitudes towards people and circumstances surrounding us

We are transformed by the renewal of our mind

Since the mind is renewed, we take new turns in life and growing; we start on a new page and imbibe these new virtues which we did not have previously As we live by the virtues, we practice them The acquired helps us become better people

THINK AND ACT POSITIVELY NO MATTER WHAT MAY COME

The period of temptation or crises is a good time to learn how to think and act positive irrespective of what happens and what is happening around anyone When we think and act positive, it becomes almost impossible to focus on the adversity It also becomes impossible for the adversity to overcome the individual Thinking and acting positive disarms the buildup of negative strongholds

CHAPTER THREE

MUST DO IN CRISES

HOLD FAST TO YOUR FAITH IN GOD

It is not the moment to lose faith in God; It is the moment to exercise your faith as it is stretched through the situation

Holding fast to your faith in God gives the hope that someday it will be over By holding fast your faith you look not at the circumstance but on God; who is the author and finisher of your faith

Keep pushing for the prize and do not let anything take away your crown of glory That is why we are told, “If your eye will lead you to sin, pluck it out”

DO NOT FEAR

Be anxious of nothing, when you begin to fear, you provide a stronghold for the enemy to act against you Believe God to do what He said He would do irrespective of how the circumstance presents itself Trust in divine providence Remember God already know the outcome of the situation even before it began and has already provided an escape route

You need to depend solely on God to overcome any temptation no matter how little or big

Relying on yourself or anybody is what makes you play into the hands of the enemy When you fear, you give the enemy a chance to

make more impressions on you Irrespective of what you experience, hear, see, touch or feel do not fear

Fear is a satanic strong hold If you must fear, fear only God and the power of His might, please God by faith and refuse to fear the devices of the wicked Instead of fearing remember all the benefits God has given you Remember His promises in the bible

As the enemy tries to increase these fears, remember God's promises of old that never fails

Remember He is your redeemer

Remember even more how God has blessed your life and His blessings in others

peoples life, even the minute ones which are easy to pass by

Praise Him in the place of fear

Worship and keep doing this until the fear departs from you

PRAISE GOD

Praise God concerning that impossible situation

To God nothing is impossible

Praise Him from the depths of your heart Sing praises to Him with your mouth Praise no matter how difficult it maybe for you at that moment to praise God and watch with your eyes how the situation melts away Maintain an attitude of praise and gratitude irrespective of what people do to you or how any situation around plays out

This way, it becomes difficult for anger, bitterness or sadness to dwell within If it is not within, it cannot be seen on the outside When it is on the outside, it is noticed in your attitudes, countenance or behavior

Praise your way out of the situation While praising God, believe Him to do what He said He will do Better still; believe He has already

done it Do not doubt When doubt wants to come in, remember those other time when you exercised your faith in God and God responded

Recount your blessings and start thanking God for the other things He has done for you

Let God do His work and do not interfere with your self-will

Praising God breaks curses and liberates people from bondages.

HAND THE SITUATION OVER TO GOD

The first thing to do in any situation is to hand the issue over to God in prayer, while asking Him to have His way Seek God's will and obey Him

Though handling situation yourself is good, it is always better to depend on that divine assistance that can only come from God Divine assistance always outweighs human assistance Seek God first A bible promise in Psalm 91 says that **“when you call on God, He will answer”**

When you call on God in prayer do not pray as hypocrites Even when you call on God in secret, He answers Do not start looking to other sources that will lead you away from God Your help can only come from God, the maker of heaven and earth Though He can use humans, animals or objects to send help your way the major source is God When human strength fails, Gods help never fails

WATCH AND PRAY

Watching and praying to God draws near to us divine assistance Without watching and praying you cannot be sensitive enough to God and what is going on in your environment The watching and praying go together

You cannot watch well enough without praying and you cannot pray well enough without watching They must go together

In praying you speak to God and He listens:

In watching, God speaks and you listen, where you don't understand, you ask He reveals His will and things that are yet to come to you When you watch, you search your heart in silence and wait on God to speak You listen to God in the quietness of your mind

When your heart is chattered with many thoughts running through, it may be difficult to discern clearly what God is saying about a situation. It is also the same case with anxiety, fear and worry

Open up your will, your mind and yourself to God so that God can direct your steps and path according to His will and purpose for your life

SEEK BIBLICAL HELP

The solution of every problem is in the bible When experiencing a temptation or crises, it is very essential to look through the Bible This is the clearest way to get direction Seek the revelational knowledge of the word of God

Do not just read through the word of God,

Do not just read through, memorize the verses especially those that speaks to your heart

The verse that speaks most to you is likely to be what God is telling you concerning your situation. As you read through the bible, pray

with the verse that speaks directly to you Pray with the verse that strikes most to you

The bible is full of God's word and the word of God is sharper than a double edged sword and is able to cut through any situation The word of God holds the solution to the problems of humanity

Do not only read the bible, practice the word of God, as the blessings go more to the doer of the word than the hearer of the word

BE WILLING TO RECEIVE HELP

Be sensitive to the help you seek, and know when it arrives

Most times the challenge is in accepting the will of God Do not turn down the help when it arrives It may come in the way you do not expect it

God always sends help when we need them Ask God to open the eyes of your understanding so that you may be able to recognize the help when it appears

Do not think you can handle it all alone

It is at such time that you need the help of a Christian community most, that is the church In receiving help, remember that "the blessings of God makes rich an adds no sorrow"

A help God is sending your way will not add "had I known" to your story

Beware of troubles that appear like solutions so that you do not get drowned in sorrow

AVOID BITTERNESS AND UNFORGIVENESS

No matter what you experience, always replace the bitter feelings and unforgiveness with the joy that only God can give. If you search deep in your heart you will notice that it is always there.

Instead of placing your focus on the bitter feelings which leads to unforgiveness, place your focus on the joy and peace of God, this way you will have a long lasting happiness

Avoid bitterness and unforgiveness for they are strongholds through which the enemy swings into action and place one in bondage

Bitterness, unforgiveness breeds more sorrow Focus on good thoughts – whatever is honourable, praise worthy, pure and so forth. This way you give God the chance to move into action on your behalf

Rely on God's grace and strength that never fails Often times you realize that these pains does not just leave the mind At such time, ask God to soothe your pain Seek refuge in His presence

He is your refuge in time of need

He has never failed anyone who relied on Him Tears may come at night but joy comes in the morning

LISTEN AND OBEY GOD WHEN HE SPEAKS

Most times, it is not that God does not speak, the challenge is that we are not able to listen or we do not understand the instruction God speaks to us through the word of God in the bible, through the leading of the Holy Spirit in our heart and through the environment

We need discernment, because human knowledge and intelligence is inadequate

When we listen and obey we are saved from harms' way because God speaks for a reason vObedience to God releases God's blessings Most times, challenges of temptation and crises arise as

a result of disobedience If you listen and do not listen correctly,
God will have a way of bringing you back into the safe region,
protecting and preserving you

When you know the will of God and out rightly disobey Him, you rebel against God

MAKE GOD YOUR SOURCE

Most of us fall into temptation because we make human being or some other thing the source God is a jealous God and does not share His position with any other When you make God your source, you are covered by divine providence because you obey and rely on God Rely on Jesus Christ who experienced various temptations without committing any sin and makes intercession on our behalf

Those who relied on Jesus Christ were never disappointed Anyone who relies on Jesus Christ, relies on God

Sometimes, the enemy can put a lot of suggestions to your mind, at such times, remember that thoughts are like birds that perch and fly away Though it may perch, do not let it build a nest in you Turn your mind away from them all and focus only on God

We do not prevail by our own strength by God's strength alone

CONFESS YOUR SIN AND ASK GOD FOR PERSISTING GRACE

Un-confessed sin has a way of making a person feel guilty It has a way of causing a blockage to the answers to prayers Our righteousness is only a filthy rag before God It is not about being self righteous, it is about being right with God The root of every temptation is most times a sin within, which at a certain moment you could not recognize You need to confess the sins You need

the free flow of the

Holy Spirit You need the Holy Spirit to convict you of such sins so that you do not become ignorant of the devices of the devil God cannot be mocked, instead of allowing sin to be a cursor to falling away from God, let God reveal to you what is not right, what you may be doing wrong and ask for the grace to make correction Do not shy away for everyone is on the path of eternal perfection Perfection is what we all desire We keep pressing forward until we win the prize.

RESPOND RIGHT

Maintaining the right attitude and mindset is essential That you are facing a temptation does not mean you are already defeated In order not to accept defeat, you need to maintain the right mindset towards the situation Maintaining the right mindset means that you will emanate the right response and the right attitude If in your mindset you accept defeat, it means you are already defeated If you do not accept defeat, it means you are not defeated What you allow and permit in your life is what happens The external environment should not determine your response, your internal environment is what determines your response

For instance, that someone stepped on you does not mean that you should respond negatively Your external environment, “being stepped on” does not equate your reaction In this case, if you react by shouting on the fellow who stepped on you or doing something negative, you have accepted defeat in this case You can choose to respond right by being calm and unoffended while gently pulling away your leg Responding right requires training You need to train yourself to readjust so that you can respond right to an external stimulus

MUST DO AFTER TEMPTATION

IF YOU MISSED YOUR TRACK, COME BACK TO GOD

God is a loving father who is willing and always there to save His children. You experience the loving nature of God when you always call on Him no matter the situation. If in the struggle to overcome you relied on self to conquer or in any way you overcame but missed your track; you have to come back to God as the prodigal son who came back to His father. God's arm is always seeking out for whom to save.

You can come back to God and ask for His grace to overcome whatever separates you from God.

In Him you will find all that separates you from God.

PRAISE GOD

After a temptation is over you need to praise God for His faithfulness.

In fact you can even start right from the moment you realize there is a temptation at the corner.

Praising God dismantles the enemy because the enemy gets confused and cannot understand why you should praise God in the midst of such difficulties, yet, that is the best time to praise God. Praise God for that which He is yet to do. Praise God that He kept and saw you through, preserving you from harm's way.

Praise Him for all His benefits, because without Him, you could

not have conquered Praise Him because He sees all things hidden
and unhidden

There are always more than enough reasons to praise God

Keep praising Him

ASK FOR HIS FORGIVENESS

Life is full of low and high tides

No matter how right it may seem you are, ask God for forgiveness Even after you have overcome still ask for mercy that His mercy continues to speak on your behalf For it is by the righteousness of Christ alone, we are justified not by human effort This is why you must rely on God even after a temptation

There are people who experience a certain temptation over and over again You overcome, yet the temptation comes again

It could be that is one's cross in life

You can also ask God to uproot whatever brings about the temptation His mercy and grace is sufficient for you So ask Him and believe you have received

Unforgiveness is imprisonment to ones' soul Remember, "Forgive us our trespasses as we forgive those who trespass against us"

What you give is what you receive, what you sow is what you will reap. When you forgive, you are forgiven At times answers to certain prayers do not come until you forgive even the slightest grudge you have against any one

DISCERN AND OBEY GOD'S WILL CONCERNING THE SITUATION

Another must do is to seek God's will concerning the situation

Crises may arise to prevent you from performing a certain action which will lead to a hindrance in the future

Crises may arise to prevent you from going into your promise land while you are being prepared for it

Crises may be part of God's perfect plan to get you to where you should be An example is Joseph in the Bible, without

those crises how would He have made it as a prime minister in Egypt

How would He have been prepared for the task ahead since He was not an Egyptian by birth

In situations like this, you need to find out what God wants you to learn or do

You find out not by asking people which may lead you into complex confusions

You find out by watching and praying Discerning God's will places your feet on the right path You also must obey the precepts God has given you And for the prophetic utterances, if at any point in time they are not in accordance with what God has previously said beware, it is not be of God A true prophet will not mislead you You need to understand clearly when God is speaking to you, so that you are not lead astray

It is the obedience to God's will that releases the blessings and anointing

If you do not discern and do not obey as God wants you to, you may be wasting your time or experiencing delays and disappointments until you do the exact thing God demands of you

If you have strayed from God's will you can always come back and continue from where you stopped

There are certain blessings that can only be released when you are in obedience to God's will

Challenges are part of the ways through which God prepares us, this is why it is necessary to discern what exactly is in operation

TRUST HIS UNFAILING GUIDANCE

God has a plan and purpose for everyone

All fingers are not equal Everyone is unique, so is Gods' plan for each person Everyone has a different calling

No two callings are exactly the same, no two persons are exactly the same

It is best to work according to God's purpose for your life You do not know better than God You look at the little revelation God has given you, and wonder how this will happen

Don't let doubt and fear come in but have faith and trust God to bring into perfection His will at the time of your life that please Him

Do not accomplish God's will with your self-will, because you will end up producing an Ishmael of God's plan that is if you ever succeed at it

You cannot achieve God's plan and purpose for your life without God

Gods' plan and purpose can only be achieved through Him and with Him If by human calculation, you speed off you will only run off track

Moses was called to save the children of Israel from the bondage of the Pharaoh in Egypt Initially He started without God, even the Israelites made mockery of Him, until God called Him, prepared Him and sent Him back to Egypt He could not achieve a thing

So is it with a person's destiny (God's plan and purpose for that individual). God will prepare you first, after He has prepared you, the blessings and anointing needed to perform the task is released and therefore you can then begin to operate in His plan and purpose - this by holding on to God and doing as He instructs you Even when you have started, you still need God to continue and finish it, otherwise you play into the hands of the enemy Again, you cannot do it without God, you need God all through

BENEFITS OF OVERCOMING TEMPTATION

PROSPERITY

"He will be like a tree planted by the streams of water that brings forth its fruit in its' season. Whose leaves do not wither. Whatever he does shall prosper". (Psalm 1:3 ETUB).

The above scripture is an infallible truth

You do not loose anything by overcoming a temptation You gain a great gain by overcoming any temptation Though in the course of the temptation, it would appear as though you will loose if you don't give into the temptation This is a lie and one of the enemies' tactics to make you fall for the temptation Overcoming a temptation brings prosperity in due season

PROTECTION

(Mark 1:13, ETUB) "He was there in the wilderness forty days tempted by Satan. He was with the wild animals; and the angels were serving Him".

This is another benefit of overcoming temptation God grants divine guidance and protection to anyone who overcomes a temptation Even in the midst of dangers that are more like wild animals, God will protect you

His word says, "even if you swallow a deadly poison, nothing shall by any means hurt you". Gods' divine protection and guidance is there for anyone who overcomes

Overcoming shows you are walking in Gods' way No one can protect or guide himself, it is God who gives such blessings It is not acquired by merit but by Gods' grace and mercy

AUTHORITY

"He who overcomes I will give to him to sit down with me on my throne, as I also overcame, and sat down with my Father on His throne". (Revelation 3:21)

Remember that Jesus has already conquered the world. Therefore whoever overcomes He gives authority over principalities and powers, and ruler of the darkness. Aside from giving one the authority to tread upon lions, scorpions, snakes and dragon, Jesus allows you to sit with Him just as He sits with God. This is a hint that by overcoming a temptation you are overcoming the world. Therefore these temptations, though as affliction, works for you an eternal weight of glory by which you sit with Jesus on His throne.

ETERNAL LIFE

"He that has ear let him hear what the spirit is saying to the assemblies. He who overcomes won't be harmed by a second death" (Revelation 2:11). One other benefit of overcoming temptation is that it prevents you from having a second death. Falling into temptation without returning to God means falling and remaining a captive to the devices of the devil.

Overcoming prepares us for eternal life. Anyone who has eternal life will not die a second death.

There are loads of benefits attached to overcoming.

Think deep about this "He that has ear, let him hear what the Spirit said to the churches; To him that overcomes will I give to eat the tree of life, which is in the middle of the paradise of God".

CONTENTMENT

Godliness and contentment is great gain for we came into this world empty with nothing and will go with nothing What is luring you will not follow you while you depart from this world Whatever you gain by falling into a temptation is usually temporal

Blessings from God serves due course and will not add sorrow but riches When you are content with what you have, there will in no way to lust after something else Greed always has a way of leading someone into sorrow and pain

HEIR OF SALVATION

"He who overcomes I will give him these things. I will be his God, and he will be my son". (Revelation 21:7 ETUB).

By overcoming the little temptations that come our way, we gradually work out by faith our salvation. By overcoming (refusing to give in to the devices of the devil) we walk in the ways of God, becoming more Christ like

The little affliction we endure works out for us an eternal weight of glory

"All things work together for them who love God to them who are called according to His purpose". (Romans 8:28).

Overcoming a temptation works together for your good in the long and short term By overcoming, you build integrity and a positive reputation.

HELP IN TEMPTATION

KNOW THAT JESUS HAS OVERCOME THE WORLD

Since Jesus has overcome the world, you have already overcome the world by faith. You have to realize that though you are in the world, you are no longer of the world.

Jesus Christ has overcome the world, He lives in you and is with you. Therefore the He that is in you is greater than the he that is in the world.

See yourself by faith conquering those temptations.

Believe that by Him who strengthens you, while you are still being tempted, you have already overcome. He who has begun a good work in you will perfect it until the day of Jesus Christ.

FAITH IN GOD FAITH IN YOURSELF

It is impossible to please God without faith. Do not lose faith in any way. Do not let the enemy deceive you into believing that you are defeated. Believe that you can always overcome and that you have already overcome. Have a firm believe inside of you that someday, you will get over the situation, no matter what may come. Have that firm believe that already you have overcome the situation.

See yourself as you have already conquered then you will conquer.

Believe that God is with you, and will see you through it all.

"Since God is for us (you), who can be against us (you)". (Romans 8:31)

I believe there is no one who can be against you

Therefore believe all the way and give the right response while resisting the devil

YOU HAVE NOTHING TO LOOSE BY OVERCOMING

Don't be ashamed to overcome a temptation You have nothing to loose but everything to gain Be strong in the Lord

Do not loose hope

In all that you are, resist the devil and he will flee from you

You gain great gain by overcoming

He that overcomes to him is given the crown of life

"Know the truth and the truth will set you free". (Romans 8:22).

In knowledge of the truth you are set free and liberated from ignorance

Do not think in any way that by overcoming a temptation, you have a thing

For after you have overcome, you will realize that not even a single hair of your was moved. In the long term you will find out that you won by overcoming

AFTER A BATTLE COMES VICTORY

When you overcome a temptation you win a battle Whenever you fall into a temptation you lost a battle Remember that life is all about winning battle over spiritualities and powers You don't need to start fighting with a person as all battles are won or lost in the mind

This is why we are told to guard our hearts with all diligence for out of it comes the issues of life

God did not give us the spirit of fear

He gave us the spirit of power, love and sound mind A sound mind overcomes, over and over again

Even if for any reason there is any form of defeat, a sound mind will not remain defeated but will rise from defeat

Such a heart will learn lessons and apply such lessons to the issues of life