

A FAITH FOR HANDLING TEMPTATION

Pandemic Faith #4

1. I Need to Know My Default Coping Strategy.

2. I Need to Know My Emotional Triggers.

3. I Need to Learn My Patterns.

Questions:

- i. When am I most tempted?
 - ii. Where am I most tempted?
 - iii. Who is with me when I'm most tempted?
 - iv. What temporary benefit do I get when I give in to temptation?
 - v. How do I feel right before I'm tempted?
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4. Plan to Avoid Those Situations.

 5. Ask God for Help.

 6. Refocus My Attention on Something Else.

 7. Join a Small Group or SS Class for Support.

 8. Enlist One Friend to Share My Struggle.

 9. Remember That God is on My Side.