# Courage to Stand Against Temptation



Five-day study to build the courage needed to resist temptation and stand firm in faith by trusting God's strength.





#### Table of contents

<u>Introduction</u>	3
Day 1: © Embracing God's Strength	4
Day 2:  Guarding Your Mind	10
Day 3:  Strength in the Midst of Trials	16
Day 4: Practical Steps to Resist Temptation	22
Day 5: Y Victory Through Jesus	28







#### Introduction

**Temptation** is a universal challenge that every believer faces. It tests our resolve and can threaten to pull us away from God's best plan for our lives. Yet, Scripture encourages us not only to resist but to stand boldly in the face of temptation, armed with courage rooted deeply in our faith. This study will guide you through a transformative journey, helping you understand that courage to stand against temptation is not about our own strength but about relying on God's power and promises.

Throughout these five days, you will explore how God's Word equips us with courage, provides wisdom to identify and resist temptation, and shows us the victory that is possible through Jesus Christ. Remember, courage is not the absence of fear or temptation but the decision to stand firm despite it.

Let this time together inspire you to embrace God's strength each day, so when the enemy tries to draw you away, you'll be ready to stand firm! 📢 🛠

















Day 1: Day 1: Embracing God's Strength

#### Your Verse

Ephesians 6:10 - "Finally, be strong in the Lord and in his mighty power."

#### **Supporting Scriptures**

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: ① Embracing God's Strength

#### Devotional: Find Your Strength in God's Power

**Standing strong against temptation** begins with recognizing where our true strength comes from. Paul's letter to the Ephesians reminds us that our courage is rooted in the Lord's mighty power, not our limited human ability. We often try to face trials alone, but God invites us to lean into His strength.

When temptation arises, it can feel overwhelming and isolating. But the Spirit God gives us *empowers* us, replacing fear and weakness with power, love, and self-discipline. These are the tools we need to overcome. It's important to meditate on God's promises like those in Isaiah 41:10 to remind ourselves that we never face temptation alone. God is present, providing courage and guidance.

**Today's focus** is on surrendering your heart and will to God's strength. Ask Him to fill you with courage and remind yourself that His power is greater than any temptation. Courage is not being fearless but trusting God enough to face fears head-on.







Day 1: ① Embracing God's Strength

# Reflect and Apply

1.	What temptations feel most overwhelming to you right now?
	How does knowing God's Spirit gives you power change your approach to temptation?
	In what areas of your life do you need to rely more on God's strength today?







Day 1: **(**) Embracing God's Strength

# **Journaling Prompts**

1.	Write about a recent time you felt tempted and how you responded.
2.	List ways God has shown His strength to you in difficult moments.
3.	Pray and journal a request for courage in specific upcoming challenges.







Day 1: **(**) Embracing God's Strength

## Prayer for Today

**Dear God,** I thank You that Your strength is made perfect in my weakness. Help me to lean fully on Your power when temptation comes my way. Fill me with Your Spirit that I may walk in courage, love, and self-discipline. Remind me daily that I am not alone and that with You, I can stand firm. Strengthen my heart and guide my steps so I may glorify You, even in the face of trials. *Amen.*  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 









# Day 2: Guarding Your Mind









#### Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

#### **Supporting Scriptures**

- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 2: Guarding Your Mind

## Devotional: Renew Your Mind to Resist Temptation

**Temptation often starts in the mind** — with thoughts that invite us away from God's truth. Courage to resist temptation includes a daily commitment to guard and renew our minds.

Paul's words to the Romans emphasize transformation through a renewed mind. This means replacing worldly thoughts that lure us into temptation with God's sustaining truth. When we take captive every thought, making it obedient to Christ, we align ourselves with His will and gain courage to stand firm.

**Biblical meditations**, like hiding God's Word in our hearts, equip us to recognize lies and temptations quickly. When your mind is grounded in Scripture, the enemy's whispers lose power. Developing a habit of memorizing and meditating on Scripture arms you mentally and spiritually.

Today, consider what areas of your thoughts need renewal and invite the Holy Spirit to help you take every thought captive. Courage to stand starts by winning the battle inside your mind.







Day 2: Q Guarding Your Mind

# Reflect and Apply

1.	What kinds of thoughts often lead you into temptation?
2.	How can Scripture help you take control of your thoughts?
	What specific verses could you memorize to strengthen your mind against temptation?







## **Journaling Prompts**

	Write about how your thought patterns affect your behavior during temptation.
2.	List Scriptures that bring you peace and strength when struggling.
3.	Journal a prayer asking God to help you transform your mind today.







## **Prayer for Today**

**Lord,** renew my mind and help me to take captive every thought. Protect my mind from lies and deceit, and fill it with Your truth. Let Your Word be a shield against temptation and a source of courage to stand firm. Teach me to meditate on Your promises daily, so my heart remains steadfast in You. *In Jesus' name, Amen.* 

















Day 3: 🖰 Strength in the Midst of Trials

#### Your Verse

James 1:12 - "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."

#### **Supporting Scriptures**

- 1 Corinthians 10:13 "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."
- Psalm 34:19 "The righteous person may have many troubles, but the Lord delivers him from them all."







Day 3: 6 Strength in the Midst of Trials

#### Devotional: Persevere with God's Faithfulness

**Trials test our courage, but they also produce perseverance and growth.**James assures believers that those who stand firm during tests are blessed.
Courage to stand against temptation means persevering even when it's difficult.

Temptation is common to all, and God doesn't allow us to be overwhelmed beyond our capacity to resist. He is faithful to provide a way out and deliver us from evil.

Remember that facing temptation is not a sign of failure but an opportunity to grow closer to God. When you cling to His promises and persevere, you are being shaped and strengthened. Courage arises from knowing that God is working in your trials and will reward steadfastness.

Today, remind yourself that every temptation faced and overcome is a step toward spiritual maturity and victory.







Day 3: 💍 Strength in the Midst of Trials

# Reflect and Apply

1.	How do you typically respond when faced with temptation and trials?
2.	What promises from God can encourage you during those moments?
3.	How does persevering through temptation change your faith and character?







Day 3: 💍 Strength in the Midst of Trials

## **Journaling Prompts**

1.	Recall a time when perseverance led to spiritual growth in your life.
2.	Write about a temptation you overcame through God's faithfulness.
3.	Pray for strength to persevere in current or future trials.







Day 3: 6 Strength in the Midst of Trials

## Prayer for Today

**Faithful God,** thank You that You are with me in every trial. Help me persevere and stand firm against temptation. Remind me that I am not alone and that Your strength is sufficient. Give me courage to endure, knowing You are shaping me and will reward my faithfulness. Guide me to find the escape You promise so I don't fall. *In Jesus' name, Amen.* (1) (2) (2) (3)

















#### Your Verse

1 Corinthians 10:13 – "God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out."

#### **Supporting Scriptures**

- Matthew 26:41 "Watch and pray so that you will not fall into temptation."
- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."







#### Devotional: Watch, Pray, and Walk by the Spirit

Courage to stand against temptation also involves taking practical steps. Scripture doesn't just tell us to resist—instead, it equips and encourages us with concrete strategies.

Jesus instructed His disciples to watch and pray, underlining the importance of vigilance and communication with God. Prayer keeps our spirit strong and alert. Walking by the Spirit daily means inviting God's power to guide our choices, weakening the pull of fleshly desires.

Additionally, recognizing the "way out" God provides requires awareness and intentional decisions. It may mean avoiding certain people, places, or triggers where temptation is strong. Ask God to illuminate these areas so you can proactively flee temptation.

**Applying these spiritual disciplines** daily strengthens your courage and creates resilience against temptation's advances. Practice being watchful, praying, and yielding to the Spirit's leading.







# Reflect and Apply

1.	What practical steps do you currently take to resist temptation?
2.	How can you be more intentional about prayer and vigilance?
3.	In what ways can you better 'walk by the Spirit' in your daily life?







## **Journaling Prompts**

	Write about potential temptations you can prepare for with practical measures.
2.	Journal prayers asking God to help you watch, pray, and rely on His Spirit.
3.	List ways to avoid environments or situations that provoke temptation.







## Prayer for Today

















#### Your Verse

1 John 4:4 - "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."

#### **Supporting Scriptures**

- Romans 8:37 "In all these things we are more than conquerors through him who loved us."
- Philippians 4:13 "I can do all this through him who gives me strength."







#### Devotional: Stand Courageous, Victorious in Christ

The ultimate courage to stand comes from realizing who lives within us: Jesus Christ. We are not alone in our struggles; the Spirit of God empowers us to overcome the enemy.

John's encouragement that God's presence inside us is greater than any worldly force reminds us that temptations have no final victory over our souls. Through Jesus' love and strength, we are more than conquerors—not just survivors.

Courage is a confident standing, knowing that, even if we stumble, victory has already been won through Christ's sacrifice and power. This assurance fuels perseverance, hope, and boldness.

Today, embrace the victory Jesus offers. Declare in faith that you stand courageous because He fights for you and strengthens you every day.







# Reflect and Apply

1.	How does knowing Christ dwells within you impact your courage?
2.	What victories has God already won in your life?
3.	How can you live daily confident in Jesus' strength?







# **Journaling Prompts**

1.	Write a declaration of your victory in Christ over temptation.
2	Recall moments where God's strength helped you stand firm.
۷.	
3.	Pray a bold prayer affirming your identity and courage in Jesus.







## **Prayer for Today**

**Jesus, my victory,** thank You for living within me and giving me courage. Help me fully trust Your power to overcome every temptation. May I stand firm, knowing I am more than a conqueror through Your love. Let my life reflect the confidence only You can give. Strengthen me daily, and guide my steps in boldness and faith. *Amen.*  $\forall$ 



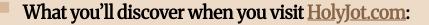




## Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.