# Standing Strong: Lessons from Joseph on Facing Temptation



Explore Joseph's example of resisting temptation and learn how modern men can overcome trials with integrity and faith.





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#### Introduction

Welcome to this impactful 7-day Bible study on "Men: Facing Temptation Like Joseph." Throughout Scripture, men are often depicted not just by their strength but by their character in moments of trial. Joseph's story offers one of the most compelling examples of faithfulness and moral courage amidst intense temptation. As a young man sold into slavery, he encountered the seductive advances of Potiphar's wife. Despite immense pressure, Joseph chose to honor God above all, teaching us a timeless lesson on fleeing from compromise.

In today's world, men wrestle with many temptations—whether in relationships, work, or personal struggles—that can lead them away from God's best. Joseph's response provides a blueprint: recognize the danger, rely on God's strength, and make decisive choices that honor God.

Through the next seven days, we will journey through key moments in Joseph's life and draw out practical wisdom for resisting temptation. Each day offers Scripture to ground your reflection, a devotional to deepen your understanding, and questions and prompts to help you engage personally. This study is designed to encourage you to develop spiritual resilience and embrace purity, integrity, and obedience in your everyday walk.

May this time in God's Word inspire you to stand firm as Joseph did—demonstrating that with God's power, temptation can be overcome, and







faithful living is possible. Let's begin this journey toward strength, honor, and unwavering commitment to God's ways.

















#### Your Verse

Genesis 39:6-12 NIV - "And Joseph was handsome in form and appearance... But he refused."

#### **Supporting Scriptures**

- 1 Corinthians 10:13 NIV "No temptation has overtaken you except what is common to mankind..."
- Psalm 119:9 NIV "How can a young person stay on the path of purity? By living according to your word."







#### Devotional: Joseph's Integrity Begins Here

Joseph's story begins with his integrity standing out amidst difficult circumstances. Though sold into slavery and serving in a foreign household, Joseph remained faithful. Genesis 39:6–12 highlights his attractiveness but also his refusal to sin against God by rejecting Potiphar's wife's advances. Joseph understood that integrity is not dependent on others but rooted deeply in a heart devoted to God.

Temptation, no matter the form, confronts all men. Yet God promises in 1 Corinthians 10:13 that He provides a way out so you can endure. Holding onto purity requires intentionality, as Psalm 119:9 reminds young men to actively live by God's truth.

Building a foundation of integrity requires daily choices aligning our desires with God's will. It starts before temptation—the mindset to honor God in every action will fortify your soul when trials come. Just like Joseph, decide today to be a man who values faithfulness over fleeting pleasure.







## Reflect and Apply

1.	What areas in your life most challenge your integrity?
	How do you prepare yourself spiritually before facing tempting situations?
	In what ways can you rely more fully on God's strength during times of trial?







## **Journaling Prompts**

	Write about a time you successfully resisted temptation. What helped you?
2.	List Biblical promises that encourage you to pursue purity.
	Describe what integrity means to you and how you want to grow in this area.







#### Prayer for Today

Heavenly Father, thank You for the example of Joseph and his unwavering commitment to You even in temptation. Strengthen my heart to stand firm when faced with trials. Help me to build a foundation of integrity that honors You in every moment. Guide me to recognize and flee from temptation, relying on Your power, not my own strength. May purity and faithfulness define my walk today and always. *In Jesus' name, Amen.* 🙏 🕒 📢

















Day 2: Fleeing Temptation Decisively

#### Your Verse

Genesis 39:11-12 NIV - "And although she spoke to Joseph day after day, he refused to lie beside her or be with her."

#### **Supporting Scriptures**

- 2 Timothy 2:22 NIV "Flee the evil desires of youth and pursue righteousness, faith, love and peace..."
- James 4:7 NIV "Resist the devil, and he will flee from you."







Day 2: Fleeing Temptation Decisively

#### Devotional: Run Away to Win the Battle

Joseph's response to Potiphar's wife's persistent seduction was not just a polite refusal—it was a decisive flight. Genesis 39:11-12 shows us that temptation can be persistent, even daily. Yet Joseph understood that engaging even a little could have disastrous consequences. He chose to remove himself completely from the situation, demonstrating that sometimes the best defense is to run away.

2 Timothy 2:22 encourages young men to 'flee' youthful lusts—not to negotiate with them. This active choice helps protect our hearts from compromise. By contrast, James 4:7 reminds us to resist the devil firmly, trusting that as we do, evil loses power.

This teaches us that boundaries are vital, and sometimes physical distance from tempting circumstances is the wisest path. Joseph didn't rationalize or compromise. He acted swiftly for God's glory. What areas in your life require you to 'flee' temptation today?







Day 2: 📕 Fleeing Temptation Decisively

## Reflect and Apply

1.	Are there situations or people you need to avoid to protect your integrity?
2.	How do you respond when temptation is persistent and repeated?
	What practical steps can you take this week to flee temptation proactively?







Day 2: 📕 Fleeing Temptation Decisively

## **Journaling Prompts**

1.	Describe a time when walking away protected you from sin.
2.	List tempting scenarios you currently face and brainstorm ways to escape them.
3.	Write a prayer asking for courage to act decisively against temptation.







Day 2: 📕 Fleeing Temptation Decisively

#### Prayer for Today

**Lord,** teach me to recognize temptation before it takes hold. Help me to be bold like Joseph—to flee quickly from anything that draws me away from You. Strengthen my will so I do not linger where sin beckons, but instead pursue holiness with passion. Fill me with Your Spirit to resist and overcome. I pray for wisdom to set healthy boundaries that honor You in my daily life. *In Jesus' powerful name, Amen.*















#### Your Verse

Genesis 39:2-6 NIV - "The Lord was with Joseph so that he prospered...And Joseph found favor in his sight and became his attendant."

#### **Supporting Scriptures**

- Proverbs 3:5-6 NIV "Trust in the Lord with all your heart... He will make your paths straight."
- Colossians 3:23 NIV "Whatever you do, work at it with all your heart, as working for the Lord..."







#### Devotional: Purpose Anchors Your Resistance

Joseph's life demonstrates how God's favor and purpose provide strength amid challenges. In Genesis 39:2–6, we see that 'the Lord was with Joseph' causing him to prosper even in slavery. When your focus is on God's purpose for your life, the trials and temptations become easier to navigate because you recognize a higher calling.

Proverbs 3:5-6 reminds us to trust God wholeheartedly and lean not on our understanding. Trusting His plan realigns our perspective, giving us courage to say no to compromise. Similarly, Colossians 3:23 exhorts us to work wholeheartedly as if serving Christ, not men.

Understanding your God-given purpose serves as an anchor when storms arise. Just as Joseph worked faithfully regardless of his circumstances, we too are called to embrace God's assignment with integrity and resilience. When temptation threatens, remember your sacred calling—it helps you resist distraction and remain faithful.







## Reflect and Apply

	How does knowing God has a purpose for your life influence your choices?
	In what ways can staying focused on God's plan help you resist temptation?
3.	Are there distractions pulling you away from your spiritual calling?







## **Journaling Prompts**

1.	Write down what you believe God's purpose is for your life right now.
2	Deflect on how temptation has tried to pull you away from this numass
۷.	Reflect on how temptation has tried to pull you away from this purpose.
	Journal ways you can refocus daily on God's plan to strengthen your resistance.







#### Prayer for Today

**Dear God,** thank You for the example of Joseph prospering because You were with him. Help me to trust You completely and focus on Your purpose for my life even when temptations arise. Anchor my heart in Your plan and guide my steps so I may remain faithful. Strengthen me to work diligently and honor You in all I do. Keep my eyes fixed on You, my ultimate goal. *In Jesus' name, Amen.*







# Day 4: XX Spiritual Warfare in Temptation









Day 4: 🔀 Spiritual Warfare in Temptation

#### Your Verse

Ephesians 6:11-13 NIV - "Put on the full armor of God... so that you can stand your ground when the devil attacks."

#### **Supporting Scriptures**

- 1 Peter 5:8–9 NIV "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion..."
- James 1:14–15 NIV "Each person is tempted when they are dragged away by their own evil desire..."







Day 4: 🔀 Spiritual Warfare in Temptation

#### Devotional: Arm Yourself with God's Strength

**Temptation is not merely a personal struggle but a battlefield where spiritual** warfare takes place. Ephesians 6:11–13 instructs believers to put on the full armor of God so they can stand firm against the devil's schemes. Joseph's resistance was empowered by the Lord's presence and strength—it was a spiritual victory as much as a moral one.

1 Peter 5:8 warns us to remain alert because the enemy seeks to devour us. Recognizing this spiritual reality heightens our vigilance. James 1:14–15 reveals that temptation often arises from our own desires, but with God's help, we can resist the progression to sin.

Equipping yourself daily by prayer, Scripture, and the Spirit's guidance enables you to identify attacks early and respond victoriously. Joseph's story reminds us that we do not face temptation alone—the Lord equips and empowers us.







## Reflect and Apply

1.	How aware are you of the spiritual dimension behind your temptations?
2.	What "armor" do you currently put on to stand firm against temptation?
3.	Where can you grow in spiritual disciplines to strengthen your defense?







Day 4: 💥 Spiritual Warfare in Temptation

## **Journaling Prompts**

List the pieces of God's armor mentioned in Ephesians and reflect on how to apply each.
Write about a time when prayer or Scripture helped you resist temptation.
Journal your prayer asking God to equip you for spiritual battles ahead.







Day 4: 🔀 Spiritual Warfare in Temptation

#### Prayer for Today

Almighty God, equip me with Your full armor so I am prepared and alert to stand firm against the enemy's schemes. Help me to recognize temptations as spiritual attacks and to rely on Your power, not my weakness. Strengthen my mind, heart, and spirit through Your Word and Spirit's presence. Guard me from the desires that lead away from You and give me victory like Joseph did. *In Your mighty name, Amen.*

















Day 5: 🙇 Accountability and Support

#### Your Verse

Ecclesiastes 4:9-10 NIV - "Two are better than one... If either of them falls down, one can help the other up."

#### Supporting Scriptures

- Proverbs 27:17 NIV "As iron sharpens iron, so one person sharpens another."
- Hebrews 10:24–25 NIV "Let us consider how we may spur one another on toward love and good deeds..."







Day 5: Accountability and Support

#### Devotional: Strength in Godly Brotherhood

Joseph was often alone in his trials, yet Scripture emphasizes the value of community in walking faithfully. Ecclesiastes 4:9–10 illustrates how support from others can lift a person in times of failure or temptation. While Joseph's story does not mention close friends, modern men can benefit greatly from godly accountability.

Proverbs 27:17 speaks of believers sharpening one another, highlighting how honest, loving relationships encourage growth and resistance to compromise. Hebrews 10:24–25 urges us to gather and motivate one another toward love and righteousness.

Building a circle of trusted brothers who know your struggles and pray for you strengthens your ability to resist temptation. No man was meant to face these battles alone. Seek and cultivate relationships where you can be honest and receive encouragement.







Day 5: 🕰 Accountability and Support

## Reflect and Apply

1.	Who in your life encourages you toward purity and faithfulness?
2.	How open are you to sharing your struggles with trusted men?
	What steps can you take to build or deepen godly friendships and accountability?







Day 5: 🕰 Accountability and Support

#### **Journaling Prompts**

	List men who inspire you spiritually and reflect on what you appreciate about each.
2.	Write about barriers you face in seeking accountability.
3.	Plan practical ways to connect regularly with a spiritual mentor or group.







Day 5: Accountability and Support

#### Prayer for Today

















Day 6: F Growing Through Trials

#### Your Verse

James 1:2-4 NIV - "Consider it pure joy, my brothers and sisters, whenever you face trials..."

#### **Supporting Scriptures**

- Romans 5:3–5 NIV "Suffering produces perseverance; perseverance, character; and character, hope."
- 2 Corinthians 12:9 NIV "My grace is sufficient for you, for my power is made perfect in weakness."







Day 6: F Growing Through Trials

#### Devotional: Temptation Strengthens Spiritual Growth

**Trials, including temptations, serve to refine our character and faith, not just to test us.** James 1:2–4 encourages believers to see trials as opportunities for growth, leading to maturity and completeness. Joseph's faithfulness under temptation didn't just protect him; it cultivated perseverance and trust in God.

Romans 5:3-5 expands this perspective by highlighting the progression from suffering to hope through character development. When we lean on God as Joseph did, our weaknesses become avenues for His strength, as 2 Corinthians 12:9 reminds us.

Each temptation faced and overcome can deepen your faith and fortify your spiritual journey. Don't despise these moments; embrace them knowing God is shaping you into the man He created you to be.







Day 6: 🍞 Growing Through Trials

## Reflect and Apply

1.	How have past temptations or trials shaped your character?
	In what ways do you experience God's strength in moments of weakness?
3.	How can you view current struggles as opportunities to grow spiritually?







Day 6: 🍞 Growing Through Trials

## **Journaling Prompts**

1.	Write about a trial that eventually produced positive growth in your life.
2.	Reflect on what perseverance and hope mean to you personally.
3.	Journal a prayer asking God to use present temptations for your spiritual development.







Day 6: F Growing Through Trials

#### Prayer for Today

**Father God,** thank You that temptation and trials are not wasted moments but places where You build my character. Help me to rejoice even in difficulties because I know You are making me mature and strong. When I feel weak, remind me that Your grace is sufficient, and Your power works best in those times. Shape me more into the likeness of Christ through every challenge. *In Jesus' powerful name, Amen.* 









# Day 7: **@** Living Victoriously Daily









Day 7: **(3)** Living Victoriously Daily

#### Your Verse

1 Corinthians 15:58 NIV – "...be steadfast, immovable, always abounding in the work of the Lord."

#### **Supporting Scriptures**

- Galatians 5:16 NIV "Walk by the Spirit, and you will not gratify the desires of the flesh."
- Philippians 4:13 NIV "I can do all this through him who gives me strength."







Day 7: **(3)** Living Victoriously Daily

#### Devotional: Victory through Daily Faithfulness

Like Joseph, a victorious life over temptation is not a one-time act but a daily, steady commitment. 1 Corinthians 15:58 calls us to be steadfast and immovable as we serve the Lord. This only comes as we depend on the Spirit, who empowers us to say no to fleshly desires, as Galatians 5:16 assures.

Moreover, Philippians 4:13 reminds us that God supplies the strength needed each day to live victoriously. Joseph's story teaches perseverance and a heart fixed on God's promises.

Choose today to walk closely with God daily, allowing His strength to fuel your integrity and faith. Victory in temptation is a journey, but through Christ's power, you can triumph consistently and honor God with your life.







Day 7: **(** Living Victoriously Daily

## Reflect and Apply

1.	What daily habits help you remain steadfast in your faith journey?
	How can reliance on the Holy Spirit transform your response to temptation?
	What encouragement do you find in knowing God gives you strength every day?







#### **Journaling Prompts**

1.	List daily spiritual practices that keep you connected to God's strength.
2.	Describe how walking by the Spirit has helped you overcome challenges.
	Write a commitment statement to remain faithful and steady in God's work.







Day 7: O Living Victoriously Daily

#### Prayer for Today

**Lord Jesus,** empower me to live each day with steadfast faithfulness and courage. Help me to rely on Your Spirit's power to resist temptation and pursue holiness consistently. Remind me daily that I can do all things through You who strengthens me. May my life shine as a testament of victory and honor Your name. *In Your precious name, Amen.* 







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