

# Overcome Temptation

## (Pre-decide Series, Part 2)

### A Lord's Flock Worship Topic

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July 26, 2025

We all want to live fruitful lives, making wise and godly decisions. But the quality of our decision-making determines the quality of our lives. Hence, we need to choose ahead of time what we should do when faced with difficult situations; we need to pre-decide not to give in to temptation (1 Ptr. 5:8).



## 1. Why should we be ready for temptation? We should be ready because

### 1.1 the devil is coming for us.

Our enemy, the devil, has a mission to steal, kill, and destroy everything that matters to God. We know that temptation becomes a sin when we give in to it. Satan is studying us; he knows our weakest areas to attack us, take us out of God's will, and use everything in his capacity to hurt us and the people around us. Thus, we need to be ready (2 Cor. 2:9-11).

1.2 **we are not as strong as we think.** A study reveals that people tend to overestimate their ability to resist temptation, technically known as "restraint bias." We assume we are stronger than we are, which is why we end up in places that we do not want to be. Thus, the scripture warns us that if we think we are standing strong, we must be careful not to fall (1 Cor. 10:12). We should watch and pray at all times.

## 2. We need to pre-decide on four things

### 2.1 Move the line

We need to decide to move the line further from the place of temptation. The Bible says that if we know that it is not what God is telling us, we should not get close to temptation, crossing the line into debauchery.

### 2.2 Magnify the cost

There is always a risk of giving in to temptation and facing the consequences of our actions. Hence, we should think first before we move, to pre-decide to stop and ask ourselves, "What could go wrong if I do this? What is the worst possible outcome if we magnify the cost, that could help us pre-decide not to do it because we do not want to hurt God, the people we love, and ourselves? Thus, "A five-minute sin" could cost us a lifetime of consequences."

### 2.3 Plan our escape.

We should plan how to escape when tempted because we know that we will be tempted every single day. The best example is Joseph, who avoided the temptation of Potiphar's wife (Gen. 38:6-8). Joseph had pre-decided to magnify the cost, move the line, and run from his master's wife, and to honor his master and God. God promised that He will not allow us to be tempted beyond what we can bear; He will give us a way out (1 Cor. 10:13).

### 2.4 Be honest where we are vulnerable.

We should be honest with our weaknesses and vulnerabilities because this is where the devil will attack us. Lying is not an option. In addition, if we are carrying unforgiveness, which will lead us to sin, we should ask for God's grace to forgive us.

### Conclusion:

Repeatedly, we have given in to temptation, and most of the time we have regretted it. Chances are, we are not prepared to resist it. Thus, we should pre-decide to resist temptation based on God's Word and the values He has placed in our hearts.

### Reflection:

1. How many times have you given in to temptation?
2. What are the consequences of giving in to temptation? Have you learned from your mistakes?

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