

When Tempted: REMEMBER

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When my boys were little, I chose these verses for them to learn to help them deal with struggles they were facing at the time. I made paper "Bibles" from construction paper and wrote the references on the front of the Bible and verse on the back. Then we covered them with contact paper. A better option might be lamination. Each day we would work through the verses just saying them one at a time until each one was learned and then we reviewed them all. Use whichever version you prefer.

When tempted to be afraid—Psalm 91: 10, 11

"There shall no evil befall thee, neither shall any plague come nigh thy dwelling. 11 For he shall give his angels charge over thee, to keep thee in all thy ways."

When tempted to speak foolish words—Ephesians 4:29

"Don't use bad language. Say only what is good and helpful to those you are talking to, and what will give them a blessing." (TLB) or

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." (KJV)

When tempted to think wrong thoughts—II Corinthians 10:15

"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"

When tempted to feel like a failure—Success is promised to us if we practice this—Joshua 1:8, 9

"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success."

When tempted to do wrong to those who do wrong to you. Do good to those who mistreat you—Luke 6: 27, 28

"But I say unto you which hear, Love your enemies, do good to them which hate you, Bless them that curse you, and pray for them which despitefully use you."

When tempted to worry—Philippians 4:6, 7

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

When tempted to dwell on wrong thoughts—How to evaluate what we think about—Philippians 4:8

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

When tempted to boast in ourselves—Philippians 4:13

"I can do all things through Christ which strengtheneth me."

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When afraid of not having what you need—Philippians 4:19

"But my God shall supply all your need according to his riches in glory by Christ Jesus."

When afraid that you can't bear circumstances you find yourself in—1 Corinthians 10:13

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

When tempted to not do what you know is right—James 4:17

"Therefore to him that knoweth to do good, and doeth it not, to him it is sin."

When tempted to be angry—James 1:19-26

"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

20 For the wrath of man worketh not the righteousness of God.

21 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.

22 But be ye doers of the word, and not hearers only, deceiving your own selves.

23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

26 If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

When tempted to think only of themselves—Philippians 2: 3, 4

"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others."

When tempted to grumble or complain—Philippians 2: 14, 15

"Do all things without murmurings and disputings:

15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;"

When tempted to disobey parents—Colossians 3:20

"Children, obey your parents in all things: for this is well pleasing unto the Lord."

When tempted to get discouraged—Philippians 1:6

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:"

When tempted to waste time foolishly—Ephesians 5: 15-17

5 See then that ye walk circumspectly, not as fools, but as wise,

16 Redeeming the time, because the days are evil.

17 Wherefore be ye not unwise, but understanding what the will of the Lord is."



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When tempted to complain about others—James 5:9

"Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door."

When tempted to return wrong for wrong—I Peter 3: 8, 9

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: 9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing."

When tempted to love things of the world—I John 2:15-17

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever."

When suffering unjustly—I Peter 2: 19-21

"For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully.

20 For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.

21 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps."

When tempted to fear evil—I John 4:4

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world."

When tempted to gripe about rough things—James 1: 2-4

"My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."

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