

4 Scriptures to Pray when You Are Tempted

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Consider a temptation you struggle with, or that someone else you know has difficulty overcoming. Imagine yourself, or this person, out in the wilderness as Jesus was, and the devil comes to bring this temptation once again. How would you fight back?

We would strongly suggest reading and soaking in the account of the temptation of Jesus in Matthew 4:1-11. When the devil tried to tempt Jesus, He both resisted and fought back using the Word of God: "It is written..." This model, then, should become the template for His followers.

Praying Scripture is a powerful way to pray. As we do, we are submitting to God. James 4:7 says, "Submit therefore to God. Resist the devil and he will flee from you." Whenever you or someone you know struggles with temptation and it seems overwhelming, prayer can be difficult – unless you wield the only offensive piece of the armor of God – the sword, which is the Word of God! Remind yourself that this is how Jesus insulated Himself from attack and resisted the devil. These four Scriptures and prayers based upon them can help you to resist and fight off the enemy's attacks. You can continually remind the devil, "It is written...":

- **Isaiah 40:31:** "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not

faint.”

Lord, I am facing temptation today. Your Word says that if I will wait for You, You will renew my strength so that I can face the challenge and win the battle. I am tired, but Your Word says I can face this temptation without growing weary or faint. Help me to stand in the power of Your Word and face down what is tempting me right now!

- **2 Corinthians 12:10:** “Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.”

Grace-filled Father, Your Word calls me to be content even as I struggle with temptation, because for the sake of Jesus Christ, when I am the weakest...I am the strongest! In the flesh this makes no sense, but by the power of Your Spirit, I will stand up to my weakness, knowing that You are working on my behalf to strengthen me in the middle of it!

- **Hebrews 2:18:** “For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted.”

Lord Jesus, You completely understand the power of temptation and yet, You resisted it – every time! Because You know what it’s like I have the faith to believe that You will help me in my suffering and struggle.

- **Philippians 4:13:** “I can do all things through Christ who strengthens me.”

Light of the World, I know that because of You I can do all things. Thank You for the strength to withstand the assault of the enemy who wants to destroy me just as He desired to destroy You. I believe that I can do all things through Your powerful Name.

Praying Scripture gives you the truth of God's Word to help you withstand and guard against temptation. The experiences of Jesus to endure temptation in the desert and resist the desire to save Himself from the cross, gives us the authority to do so. So, when you are tempted, reaching out to Him in prayer is Your best defense against the devil, who would like nothing better than to defeat you over and over again. Praying the Word of God into your situation, as Jesus did, is using the Truth to overcome whatever obstacle or temptation you may face in this life.

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PRAYER, PEACE, and the PRESENCE of GOD by David Butts

As believers, we are supposed to walk in the peace of Christ, yet we all have stressful issues and circumstances that rob us

of this peace. Subtitled “A 30-Day Journey to Experience the Shalom of Jesus,” *Prayer, Peace and the Presence of God* powerfully encourages the reader on how to hold onto that peace in any circumstance.

The author, David Butts, started writing this book and 10 days into it he got word that he was in stage 4 with a rare form of lymphoma. God allowed him to live, in a greater way, what he is challenging readers to do in *Prayer, Peace and the Presence of God*.

His 30-day devotional will encourage, inspire and challenge you that you, too, can experience and walk in the peace of Jesus no matter what circumstances you are walking through.

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