

This week, we're digging deeper into winning the war with temptation in our lives.

Day 1: Recognizing the Need to Stand

Read: Genesis 39:1–10

Key Insight:

Joseph recognized temptation early and responded quickly. He didn't flirt with danger; he fled from it.

Reflection Questions:

1. Where are you most vulnerable to temptation in your life right now?
2. What early warning signs do you need to pay attention to?

Practical Step:

Identify one area of life where you face regular temptation. Write down a plan to avoid or respond to it.

Day 2: Stay Grounded in God's Presence

Read: Psalm 139:1–12

Key Insight:

Joseph maintained his integrity because he knew that God was always with him. The awareness of God's presence gave him strength.

Reflection Questions:

1. How does knowing that God is with you affect your ability to resist temptation?
2. How does this perspective also help you to make better choices?

Practical Step:

Take 5 minutes today to sit quietly and focus on God's presence. Ask Him to give you strength to face temptation.

Day 3: Focus on What You Have, Not What You Don't

Read: Philippians 4:11–13

Key Insight:

Joseph could have justified his actions by focusing on what he lacked, but he remained content and faithful to God.

Reflection Questions:

1. How does focusing on what you lack make you more vulnerable to temptation?
2. How can contentment guard your heart?

Practical Step:

Write down three things you're grateful for today and thank God for them.

Day 4: Flee When Necessary

Read: 1 Corinthians 10:12–13

Key Insight:

Joseph literally ran from temptation rather than trying to resist it through willpower alone. Sometimes the wisest thing you can do is to walk (or run) away.

Reflection Questions:

1. Are there situations or relationships you need to step away from to avoid temptation?
2. How does your own pride factor into run or staying?

Practical Step:

Make a concrete plan to avoid a situation where you face regular temptation.

Day 5: Trust God with the Outcome

Read: Romans 8:28

Key Insight:

Joseph suffered consequences for doing the right thing, but God ultimately used it for good. Trusting God's plan helps you remain strong when the outcome isn't immediate.

Reflection Questions:

1. How does trusting God's long-term plan give you courage to resist temptation?
2. How can you trust God when the "good" that God has planned doesn't necessarily look "good" to you?

Practical Step:

Write down a prayer asking God for strength to resist temptation and trust Him with the results.

If **you're** part of the **61%** of people who partake of pornography and you recognize your need to not be in that place... if you're a **spouse** who is experiencing "betrayal trauma"...if you're a **parent** looking for ways to speak to your kids about these subjects, there's hope and help!



Check out: www.puredesire.org/resources/ for free resources!