**Overcoming Temptation: Strengthening Spiritual Armor**

**Purpose:**
Temptation is a constant challenge in recovery, a whisper urging you to return to old habits and destructive patterns. Yet, through God’s strength and the spiritual tools He provides, you are equipped to stand firm and resist these urges. The Bible describes the tools for this resistance as the “armor of God,” a set of spiritual disciplines that protect you against the battles of temptation and empower you to live victoriously in Christ.

Ephesians 6:10-11 says, *“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”* By putting on this armor daily, you fortify yourself with truth, righteousness, faith, and God’s Word, allowing you to face temptation with courage and strength. This worksheet will guide you through understanding the armor of God, applying it to your recovery, and relying on prayer and scripture to overcome temptation.

What situations or emotions trigger temptation in your recovery, and how can God’s strength help you stand firm?

**1. Scripture to Reflect On**
The Bible offers clear guidance for overcoming temptation. In 1 Corinthians 10:13, we are assured, *“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”* This promise reminds us that God always provides an escape route when we face temptation, ensuring that we are never alone in our struggles.

James 4:7 emphasizes the power of submission to God: *“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”* Resisting temptation begins with surrendering to God’s authority and trusting in His power to protect you. Finally, Matthew 26:41 encourages vigilance: *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”* Prayer and awareness are essential tools for staying alert and prepared.

Which scripture resonates most with your struggle against temptation, and how can it help you in moments of weakness?

**2. Understanding the Armor of God**
Ephesians 6:13-17 describes the full armor of God, which equips believers to stand firm in the face of spiritual battles. Each piece has a specific purpose:

* **The Belt of Truth:** Grounding yourself in God’s truth helps you combat the lies and distortions that temptation brings.
* **The Breastplate of Righteousness:** Living in righteousness protects your heart from guilt and shame, keeping you aligned with God’s will.
* **The Shoes of Peace:** The gospel of peace steadies your steps, reminding you of the hope and purpose you have in Christ.
* **The Shield of Faith:** Faith acts as a shield, extinguishing the fiery arrows of doubt, fear, and temptation.
* **The Helmet of Salvation:** Salvation guards your mind, reminding you of your identity in Christ and the eternal security you have in Him.
* **The Sword of the Spirit:** God’s Word is your offensive weapon, allowing you to confront and defeat temptation with truth and authority.

How can you apply one or more pieces of the armor of God to protect yourself against the specific temptations you face?

**3. Practical Steps to Resist Temptation**
Overcoming temptation requires both spiritual and practical strategies. First, recognize your triggers—specific situations, emotions, or people that make you vulnerable. Avoiding or preparing for these triggers can reduce the power of temptation. Second, immerse yourself in scripture. Jesus Himself used God’s Word to resist temptation in the wilderness, responding to the devil with, *“It is written”* (Matthew 4:4). Memorizing scripture that speaks to your struggles can strengthen your resolve.

Third, cultivate a habit of prayer. In moments of temptation, call on God’s strength through simple prayers like, “Lord, help me resist this urge and walk in Your ways.” Lastly, seek accountability. Surrounding yourself with supportive, faith-filled individuals can provide encouragement and guidance when you feel weak.

What practical steps can you take today to strengthen your defenses against temptation?

**4. A Prayer for Strength Against Temptation**
Prayer is your direct line to God’s strength and guidance in moments of temptation. Use this prayer to seek His help:

*Heavenly Father, I come to You in my weakness, asking for Your strength. Help me to stand firm against the temptations I face and to trust in the power of Your Word. Clothe me with Your armor so that I may resist the schemes of the enemy. Protect my heart, guard my mind, and guide my steps as I walk in Your truth. Thank You for always providing a way out when I am tempted and for the victory You have already won for me through Christ. Amen.*

How can turning to prayer in moments of temptation help you draw closer to God and find the strength to resist?

**5. Living Victoriously in Christ**
Overcoming temptation is not about perfection—it is about persistence and faith. Each time you resist temptation, you are growing stronger in your recovery and deepening your reliance on God. Romans 8:37 reminds us, *“In all these things we are more than conquerors through him who loved us.”* Victory over temptation is not achieved by your strength alone but through Christ, who empowers you to overcome.

Living victoriously means celebrating the progress you make, no matter how small, and trusting that God is leading you toward freedom. It also means extending grace to yourself when you stumble, knowing that His mercies are new every morning (Lamentations 3:22-23).

What does it mean to you to live victoriously in Christ, and how can you celebrate each step of progress in your recovery?

**Conclusion:**
Temptation may be a persistent challenge, but God has given you the tools and strength to overcome it. By putting on the armor of God, grounding yourself in scripture, and relying on prayer, you are equipped to stand firm and resist the pull of old patterns. Remember, you are not alone in this battle—God is with you, fighting for you, and empowering you to walk in victory. As you trust in Him, you will find the strength to overcome temptation and step into the freedom and purpose He has planned for your life.