



“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.”

— First Epistle to the Corinthians 10:13

DEVOTION:

Temptation is a struggle every Christian faces. Even Jesus Christ Himself was tempted in the wilderness (see Gospel of Matthew 4). The presence of temptation does not mean you are weak or failing—it means you are human.

The enemy often whispers lies: *“Just this once,” “No one will know,”* or *“You deserve it.”* But God’s Word reminds us that temptation is not unique to us. Others have faced it, and God has already prepared a way for us to stand strong.

The key is not simply trying harder—it is **turning quickly toward God**. When temptation comes, we can:

- Remember God’s truth in Scripture
- Pray immediately for strength
- Remove ourselves from the situation
- Focus on what honors God instead

Temptation loses its power when it is brought into the light of God’s presence.

Reflection

Ask yourself:

- What situations make me most vulnerable to temptation?
- What “way out” might God be providing that I’ve been ignoring?
- How can I rely on God’s strength instead of my own?

Prayer

Heavenly Father,
You know the temptations I face each day. Give me wisdom to recognize them and strength to turn away. Help me remember Your Word when I feel weak. Lead me to the way out You provide and shape my heart to desire what is good and pleasing to You. In Jesus’ name, Amen.