

# Strategies for resisting temptation

João Vitor Casciola - August, 17th 2025

## Summary of the Message

Steps	Practical thing to do
1. Strengthen ourselves in the Word of God (Psalm 119:11)	Memorize Bible verses
2. Pray continually (Matthew 26:41)	Rebuke it in the name of Jesus
3. Run away from high risk situations (2 Timothy 2:22)	Avoid bad environments that can tempt you (Psalm 1:1)
4. Replace evil with good (Romans 12:21)	Remove what's bad from your life, and think on what is good (Philippians 4:8)
5. Have fellowship with mature Christians (Ecclesiastes 4:9-10)	Get closer to people you admire at church, join a Small Group
6. Remember the consequences (Romans 6:23)	Be thankful daily for the sacrifice of Jesus Christ
7. Trust in God's power (1 Corinthians 10:13)	Keep a journal of God's blessings

Which do you think is wiser?

- How does having a strategy in advance help us stand stronger when temptation comes?

## Start Sharing

- Share a time when you faced temptation and overcame it. What made the difference?

## Start Doing: Commit to Act

- This week, which of the 7 steps do you want to focus on practicing more intentionally?
- Is there a specific Bible verse you can commit to memorizing this week to strengthen yourself against temptation?

## Praying.

Heavenly Father, thank You for Your presence with us at all times. We ask that You continue to be our help, our protection, and the first place we run when we face trials and temptations. Strengthen us to overcome every temptation by the power that comes from You, and give us wisdom to live lives that honor and glorify You. In Jesus' name, Amen.

## Start Talking: Spark Conversation

- Which do you think is harder to resist: physical temptations (like food, comfort) or inner ones (like pride, anger)?
- Do you think overcoming temptation is more about having a plan or reacting at the moment?

## Start Thinking: Deepen the Thought

- What's the difference between avoiding temptation and fighting it head-on?

## Announcements:

- Be part of our team - become a volunteer
- Give your offering through Contribua, it goes straight to The Way Ministry
- HOP – every Friday 7pm at Formation Center
- The Way Camp – September 19th to 21st | R\$ 380 (2x)