

How Do I Resist Temptations?



“I have restrained my feet from every evil way, that I may keep Your word.”

Psalm 119:101

Number 48 in the series “The Joy of Obeying God’s Word”

Beloved, this scripture does not say that the Lord will restrain our feet. The Lord gives us His strength and power to resist temptations; however, we have free will. We have to *choose* to obey Him. We have to choose to restrain our feet from every evil way. James 4:6-7 tells us that God resists the proud but gives grace to the humble. If we submit to God and resist the devil, he will flee. Whenever we are proud and think we are strong and mature enough to resist temptations, we will fall every time. However, if we humble ourselves, admit our weaknesses, and submit our will to the Lord, He will give us His AMAZING GRACE and power to resist the devil.

Galatians 6:7-8 reads, *“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.”* Beloved, when I was a young believer trying to get free from lustful, gluttonous eating habits and the sin of bulimia, there were times when I thought I was strong enough to resist the devil. I put myself in places of temptation. I sowed to my flesh and fell in sin. I did not like the consequences I reaped. However, when I humbled myself and stayed close to Jesus, He was faithful to help me eat

healthy food and the portions that He knew my body needed. Obedience to my Lord set me free!

Psalm 37:23-24 reads, *“The steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand.”* Beloved, this is like a picture of a father walking hand in hand with his child, and the child trips, but before he can fall all the way to the ground, the father firmly grasps the child’s hand and pulls him up to safety. We need to humble ourselves and to see ourselves as children, daily putting our hand in the Lord’s. He alone has the power to stop us from falling.

Romans 13:14 reads, *“But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.”* Galatians 5:16 reads, *“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.”* Beloved, I know the weaknesses of my flesh. I need to walk hand in hand with my Lord every minute of every day. That is the only way the Lord makes provision *for me to resist temptation.*

— Janice McBride

All scripture is taken from the New King James Version of the Bible.

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