











## **LIVE IT OUT**

The book of James emphasizes the active side of our faith, so let's consider several ways we might put its teaching into practice.

**Memorization:** Learn 1 Corinthians 10:13; Hebrews 4:15–16; Matthew 26:41; Psalm 51:10; and/or another verse that applies to a particular temptation you struggle with.

**Journaling:** Write about your temptations and how you respond, but also about the joys you experience when you resist temptation. How does your relationship with God grow and soar when you trust Him?

**Prayer:** Think about others you know who are being tempted. Pray that God will strengthen them. But don't let these be proud prayers—"watch yourself, or you also may be tempted" (Galatians 6:1). Include The Lord's Prayer in this devotional time, with special focus on "Lead us not into temptation."

**Accountability:** Look for others you can share your struggles with. Can you arrange to meet with them every week or two, and let them know how you're doing? Fighting temptation can be a lonely business, but it doesn't have to be. When you know there's someone else holding you accountable, it might give you additional strength.

**Joining or Volunteering:** Our culture is full of temptations, and there are many whose lives have been ravaged by greed, lust, pride, or addictions of various sorts. There are also ministries that help those strugglers. Is there one you could connect with—as a volunteer, donor, or fellow struggler?