

Truthbearers

Month 4 — Challenge

Week 2 — Temptation Is Real

Temptation is part of human life. Every person struggles with weakness, selfishness, distraction, pride, anger, lust, laziness, or unhealthy habits in different ways. The problem is not being tempted. The problem is refusing to fight against destructive patterns. The saints became holy not because they never struggled, but because they continually turned back toward God and resisted becoming controlled by sin.

“Watch and pray that you may not enter into temptation.” — Matthew 26:41

Saint Focus — St. Mary of Egypt

Before her conversion, St. Mary of Egypt lived a deeply destructive life. Through repentance, discipline, prayer, and perseverance, she radically changed and became known for holiness and spiritual strength.

THINK

What recurring temptations or habits weaken me the most?

DO

Identify one recurring temptation in your life and create a practical strategy against it. Examples: • avoiding certain situations • limiting distractions • accountability • prayer • healthier habits • replacing bad routines with good ones

PRAY

“Lord, strengthen me when I am weak.”

DISCUSSION

Why do people often justify or excuse destructive habits instead of confronting them honestly?

CHALLENGE

Resist one temptation this week that you normally give into too easily.

JOURNAL PROMPT

What areas of my life currently have too much control over me?