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Daily Devotional, Monday, March 19, 2018 - The Process of Temptation

MARCH 19TH 2018 BY DEE LOFLIN

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1 Corinthians 10:12-13

Many people act as if there's no defense against temptation. With the first hint of desire, they immediately throw their hands up and give in to every little enticement. Can you relate to this? What we must realize is that temptation is a gradual process, and it can be short-circuited at any stage.

Temptation usually begins in the mind, where we live out imagined scenarios. The human mind has an amazing capacity to create entire exchanges and experiences out of nothing. Through fantasy, we can enjoy something without ever bringing it into the real world. Therefore, since it's not real, we think it's perfectly harmless.

But a fantasy world leads to a downward spiral of enslavement. Ultimately, our thoughts become so wrapped around the one temptation that it seems impossible to think of anything else. At this point, our minds are held captive by the desire. No matter where we go or what we do, we can't outrun our own thoughts! And when our life becomes focused on anything other than God, we are trapped.

But the Lord is faithful and will provide the way of escape. Since temptation begins in the mind, that's where the battle should be waged. The only way to disrupt the process is by filling our

minds with the Word of God. As we continually feed on a hearty diet of Scripture, the Word will work in us— uprooting sin, transforming our thoughts, and overcoming the tempting fantasy. The Bible is powerful! We can trust it to set us free from the burden of temptation.

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