

# Temptation Plan



Step 1: Realize You Are Being Tempted.

Step 2: Refute Rationalization.

Step 3: Tattletale on Your Feelings.

Step 4: Rebuke the Adversary Behind the Temptation.

Step 5: Replace the Lie by Stating God's Truth.

Step 6: Expect the Second Wave of Attacks.

Step 7: Physically Remove Yourself from the Source of Temptation.

Step 8: Ask Jesus to Help you to Resist the Temptation.

Step 9: Now Make the Right Choice.

