



# **5-Day Devo**

**for Individuals and Groups**

*based on*

**Church in the City, Chapter 10 |  
Tempted but Winning**

**Pastor Brady Boyd**  
October 13, 2024

## Day 1: Understanding Temptation

**Devotional** Temptation is a universal experience, something we all face, and it comes in many forms—money, power, sex, and more. Such pursuits may appear good, but they are not. Paul reminds us in 1 Corinthians 10 that the temptations we face are not new; they have plagued humanity for centuries. By studying the history of the Israelites, who fell into idolatry and immorality despite witnessing God’s miracles, we learn valuable lessons about the dangers of succumbing to temptation. Remember, an idol is a cheap substitute for the real thing; it may fulfill a common basic need, but it’s temporary, unholy, and a distraction from what truly matters.

**Bible Verse** “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” –1 Corinthians 10:13

**Reflection Question** What are the temptations you face most often, and how have you discovered them to be distorted desires?

**Point to Ponder** Temptations are wanting right things wrongly right now.

**Prayer** “Lord, help me to recognize the temptations in my life for what they are—distorted desires. Give me the wisdom to see through their false promises and the strength to resist them. Amen.”

## Day 2: Guarding Your Heart

**Devotional** Guarding your heart is crucial because it is the wellspring of your life, which means that your emotions, thoughts, and actions flow from it. The Israelites failed to guard their hearts, and as a result they fell into idolatry and immorality. We must learn from their mistakes and be vigilant! Recognize the moments when you are most vulnerable, times when temptation can easily creep in. Guard your heart by staying connected to God and to his powerful, life-changing, perspective-shifting Word.

**Bible Verse** "Above all else, guard your heart, for everything you do flows from it." –Proverbs 4:23

**Reflection Question** In what ways can you better guard your heart against the temptations you face?

**Point to Ponder** When you guard your heart, you protect yourself from the temptations that seek to lead you astray.

**Prayer** "Father, help me to guard my heart diligently. Keep me aware of my vulnerable moments, and draw me closer to you during those times. Amen."

## Day 3: Recognizing Vulnerable Moments

**Devotional** We all have moments when we are more prone to falling into temptation, such as times when we are tired, hungry, isolated, or emotionally wounded. When you find yourself in these states, be extra vigilant. Jesus himself faced temptation when he was tired and hungry in the wilderness, but he countered those temptations with the Word of God. Recognize your vulnerable moments and prepare yourself by staying rooted in Scripture and prayer.

**Bible Verse** “When the devil had finished all this tempting, he left him until an opportune time.” –Luke 4:13

**Reflection Question** What are your most vulnerable moments, and how can you prepare yourself to resist temptation during those times?

**Point to Ponder** The enemy is aware of times when you are most vulnerable to taking his bait and allowing temptation to lead to sin. He uses these times to his advantage.

**Prayer** “Lord, help me to recognize my vulnerable moments and give me the strength to resist temptation. Fill me with your Word and your Spirit. Amen.”

## Day 4: Using Scripture as a Weapon

**Devotional** Scripture is a powerful weapon against temptation, as evidenced by Jesus countering Satan's temptations in the wilderness with the Word of God. When you are faced with temptation, turn to Scripture for strength and guidance. The Bible is full of promises and truths that can help you stand firm, such as the reminder from Hebrews 2:18 that "since he himself [Jesus] has gone through suffering and testing, he is able to help us when we are being tested," (NLT). Memorize verses that speak to your specific struggles and recite them when you feel tempted. God's Word is living and active, and it has the power to transform your heart and mind.

**Bible Verse** "Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.'" –Matthew 4:4

**Reflection Question** What specific scriptures can you memorize and use to combat the temptations you face?

**Point to Ponder** Using a strategy we can emulate still today, Jesus thoroughly countered temptation with the Word of God.

**Prayer** "Father, thank you for the gift of your Word. Help me to hide it in my heart and use it as a weapon against temptation. Amen.

## Day 5: Seeking God's Help

**Devotional** You are not alone in your battle against temptation. Jesus, our high priest, sympathizes with our weaknesses and offers us mercy and grace. When you are tempted, turn to God and ask for his help. He is faithful and will provide a way out so that you can endure it. Approach the throne of grace with confidence, knowing that you will receive help in your time of need.

**Bible Verse** "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." –Hebrews 4:16

**Reflection Question** How can you make a conscious effort to seek God's help when you are faced with temptation?

**Point to Ponder** God is a good Father to you, both stronger and nearer to you than you think.

**Prayer** "Lord, thank you for your mercy and grace. Help me to turn to you in my moments of weakness and rely on your strength instead of my own. Amen."