

# 10 Ways to Avoid Falling into Sexual Temptation

## 1. Pray Consistently

Spending time in prayer heightens your awareness of the Holy Spirit's conviction and empowers you to resist. Ephesians 6:18

## 2. Read God's Word daily

Reading Scripture opens your heart to hear God's voice urging you to turn from tempting people or situations and gives you power to resist. Hebrews 4:12

## 3. Use social media wisely

Connecting with old boyfriends or responding to new advances opens a dangerous trap door. Don't do it. Click delete. Don't respond. Don't flirt. 2 Timothy 2:22

## 4. Avoid tempting situations

If you know certain people or places stir up ungodly longings, then stay away from them. 1 Corinthians 6:18

## 5. Have an accountability partner

Ask a trusted friend to hold you accountable by asking the tough questions. James 5:16

## 6. Ask for prayer if you feel tempted

Ask a Christian friend to pray for you and with you to stay away from the temptation. Luke 22:40

## 7. Avoid intimate friendships with the opposite sex

Avoid sharing intimate details of your life that would form a heart connection with a male friend. Proverbs 4:23

## 8. Consider the consequences

Carry the results if you gave into your temptation to its ultimate conclusion, and consider the consequences on your life and relationship with God. James 1:13-15

## 9. Remove yourself from the source of temptation

Whether its Social media, an office relationship, web browsing, etc. remove yourself from the tempting situation. It's better to lose a job than your marriage. Matthew 5:28-29

## 10. Occupy yourself by spending time with friends and engaging in positive activities

Engaging in wholesome activities gives you less idle time to ponder tempting situations or follow through. 1 Thessalonians 5:11