

A Worksheet for Battling Temptation

*For if you live according to the flesh you will die,
but if by the Spirit you put to death the deeds of the body, you will live.*
(Romans 8:13)

Know It

- Identify your primary battles: What sin are you trying to fight?
- Note your most vulnerable times: When are you most tempted to sin?
- Study your past experience: When did you fail in the past? What could you have done that might have led to a different outcome?

Stalk It

- Analyze sin's trajectory: What fruit would this sin bring in my life if I allowed it to grow?

Kill It

- What passages in the Bible can help you understand and fight this sin?
- Based on previous answers on this worksheet, how can you pray for your battle?