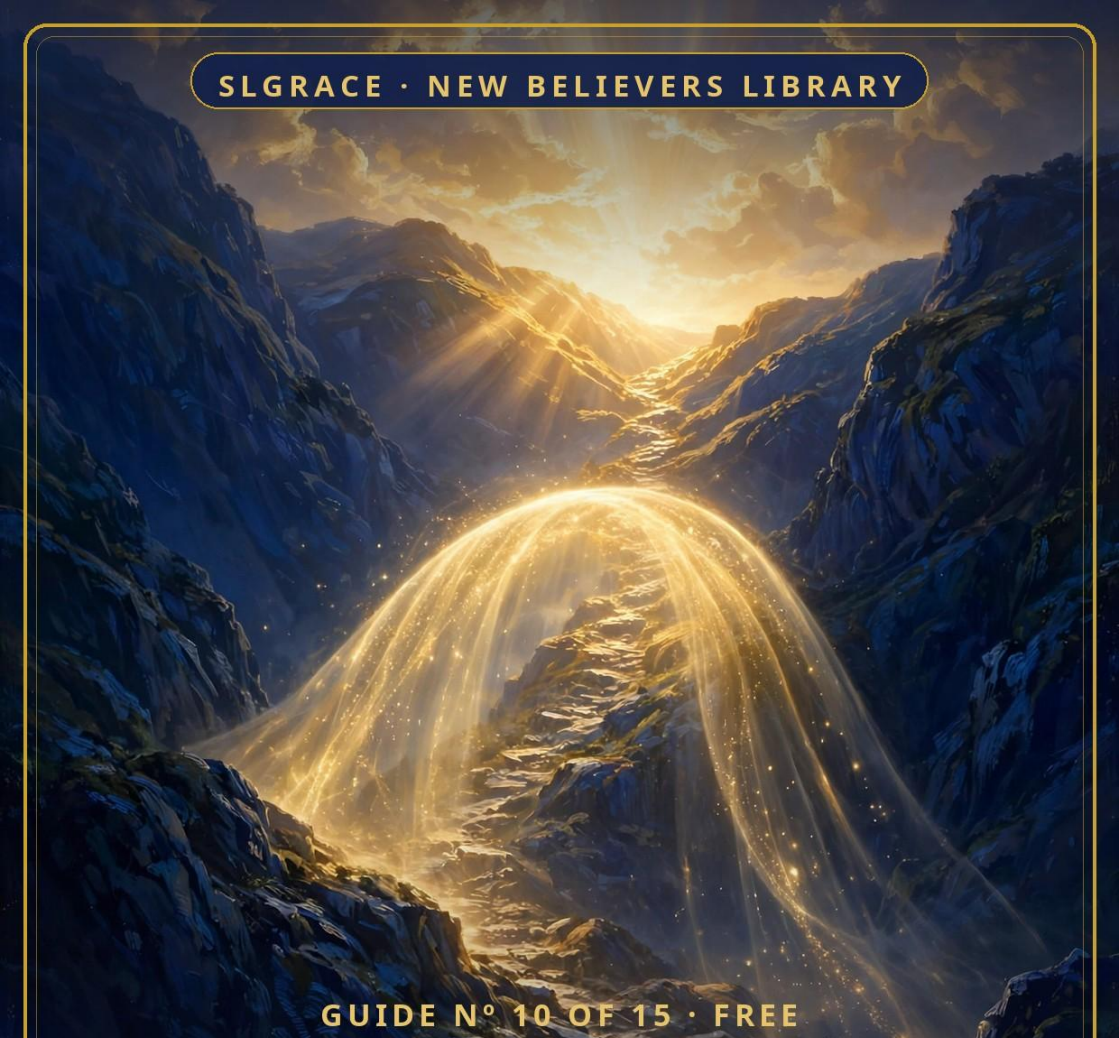
SLGRACE · NEW BELIEVERS LIBRARY



GUIDE Nº 10 OF 15 · FREE

When Temptation Comes

God always makes a way of escape — and what to do after a fall

— 1 CORINTHIANS 10:13 (KJV)

A free guide for new believers · slgrace.com

A letter to you, dear friend

Dear friend, let us say the comforting truth first: temptation is not proof that your salvation is false. It is proof that you are in a battle every Christian fights. Even Jesus was tempted — in the wilderness, in hunger, in suffering — yet without sin. If the sinless Son of God was tempted, you will be too. The question is never whether temptation will come. The question is what you will do in the five minutes after it arrives. This guide will teach you exactly that.

You will learn God's great promise in 1 Corinthians 10:13 and how to find the 'way of escape' He always provides, practical routes out of the common temptations new believers face, and — just as important — what to do after a fall, so that a stumble never becomes a collapse. Read it before you need it, and keep it where you can reach it when you do.

God's promise: you are not trapped

Read our key verse slowly and take it apart like bread. 'There hath no temptation taken you but such as is common to man' — your temptation is not unique, strange, or proof you are worse than others; millions of believers have faced this same pull and overcome. 'But God is faithful' — your hope is not your strength but His character. 'Who will not suffer you to be tempted above that ye are able' — God measures the load to the learner; He never allows a weight that, with His help, you cannot bear. 'But will with the temptation also make a way to escape' — with every temptation, an exit is built in, the way a hall is built with doors. Your task in the moment is not to be superhuman; it is to find and take the door.

Often the escape is embarrassingly simple: leave the place, end the conversation, turn off the phone, call a friend, open the Bible, step outside and pray aloud. Temptation is strongest in secrecy, stillness and delay; it weakens when you move, speak, and bring it into light.

Decide your escapes in advance, in calm moments — a soldier digs his trench before the battle, not during it.

Also learn the difference between temptation and sin. Temptation is the knock at the door; sin is opening it. A passing thought, an unwanted image, a sudden desire — these are attacks, not yet your deeds. Do not confess as sin what was only an attack, and do not despair over being attacked. Resist, and the attack itself can leave you stronger, like a muscle after effort.

> *"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."*
> **— 1 Corinthians 10:13 (KJV)**

Know your battlefield: where temptation attacks

Temptation rarely invents new weapons; it uses your history, your hunger and your habits. For many new believers the fronts are familiar: old sexual relationships and pornography on the phone; old substances — alcohol, drugs, smoking; anger and abusive speech; dishonesty in money and business; envy fed by social media; and spiritual pride or discouragement, the twin traps of the religious road. Name your own fronts honestly before God. A named enemy is half defeated; a vague one keeps ambushing you.

Notice your patterns: temptation strikes hardest when you are Hungry, Angry, Lonely or Tired — and when you are idle, paid, celebrated or disappointed. Many falls are scheduled by circumstances long before the moment itself: the visit you should not have made, the late-night scrolling, the friendship you knew was dragging you down. Wisdom fights temptation upstream, at the level of places, people and routines — not only downstream at the moment of desire.

Make practical changes this week. Unfollow and block what feeds lust or envy. Put your phone outside the bedroom or install accountability with a trusted believer. Avoid the street, the house, the gathering where your old life waits for you. Some will call this weakness; heaven calls it wisdom. Jesus taught us to pray daily, 'lead us not into temptation' — and then to walk in the answer to our own prayer.

> *"Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak."*
> **— Matthew 26:41 (KJV)**

Do this:

1. Write down your two or three main temptation fronts — honestly, privately.

2. For each, write your planned escape: the action you will take in the first minute.

3. Remove one trigger this week: an app, a contact, a place, a routine.

4. Tell one trusted believer your fronts and ask them to check on you.

In the moment: your five-minute battle plan

When temptation hits, minutes matter. Use this plan. First minute: pray aloud if you can — 'Lord Jesus, help me now. I belong to You.' Spoken prayer breaks the trance of secrecy. Second: quote a verse you have memorised — Jesus answered every temptation in the wilderness with 'It is written.' Keep verses loaded: Psalm 119:11, 2 Timothy 2:22 ('flee youthful lusts'), James 4:7. Third: move your body — stand, walk, wash your face, leave the room or the building. Fourth: contact your accountability person — a text saying 'pray for me now' is enough. Fifth: replace, don't just resist — put worship

music on, open John and read aloud, go and help someone. An empty mind is temptation's workshop; a filled one is its frustration.

If the temptation is a person — an old partner calling, a colleague pressing — be plain and brief: 'I can't continue this. I've given my life to Christ.' Do not negotiate with temptation or attend its meetings to explain yourself at length. Joseph in Egypt did not debate Potiphar's wife; he ran, leaving his garment behind. Running is sometimes the most spiritual thing a believer can do. There is no shame in flight from sin — only in surrender to it.

After the wave passes — and waves always pass, usually within minutes — thank God aloud for the escape. Victory celebrated becomes victory repeated. Record it in your notebook: date, temptation, escape taken, result. Your record of victories will preach to you in the next battle.

> *"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you."*
> **— James 4:7-8 (KJV)**

After a fall: run TO God, not from Him

Now the tenderest part. Suppose you fell — you did the thing you swore you would not do. The enemy's second trap now springs: shame that drives you AWAY from God, skipping prayer, avoiding church, hiding from believers. That hiding, not the fall itself, is what destroys believers. Adam and Eve's instinct was to hide among trees; God's instinct was to come walking and calling, 'Where art thou?' After a fall, run to God immediately — the same hour, the same minute. He already knows. He is already calling.

God's appointed road back is 1 John 1:9: confess — name the sin honestly, without excuses, decoration or blaming others — and God is 'faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.' Faithful: He keeps His word. Just: the price was paid, so forgiveness is right, not indulgence. All unrighteousness:

the cleansing is complete. Receive it by faith, thank Him, and refuse to keep punishing yourself for what God has forgiven. Self-punishment is not humility; it is unbelief wearing religious clothes.

Then do the practical repairs: apologise and make restitution where your fall harmed others; tell your accountability person the truth; review honestly how the fall happened and strengthen that weak gate — the place, the hour, the trigger. A fall examined becomes a lesson; a fall hidden becomes a habit. Rise, learn, walk on. The righteous man in Proverbs falls seven times — and rises again every time. Rising is your identity now.

> *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."*
> **— 1 John 1:9 (KJV)**

Growing stronger month by month

Victory deepens with growth. The temptations that shook you in month one will lose power as the Word fills your mind, as new habits replace old ones, as godly friendships thicken around you, and as the Holy Spirit's fruit — including self-control — matures in you. Do not demand of your third month the strength of another's third decade. But do expect real progress, and pursue it: daily Word, daily prayer, weekly fellowship, honest accountability, swift confession. These five ordinary means are the gymnasium of spiritual strength.

One day you will discover a former temptation knocking and your heart answering with genuine distaste — not fear of punishment, but love of your new life. That is the deepest victory: not gritted teeth forever, but a changed appetite. God is re-training your desires, and He finishes what He starts.

Until that day, fight each day's battle with each day's grace, and end each day in peace. You are not a slave fighting for freedom; you are a free child learning to live free. The outcome of the war is settled. Walk it out, one escaped temptation, one risen morning at a time.

> *“For sin shall not have dominion over you: for ye are not under the law, but under grace.”*
> **— Romans 6:14 (KJV)**

A PRAYER IN THE HOUR OF TEMPTATION

Lord Jesus, You were tempted in all points like me, yet without sin — so You understand, and You can help. I come to You now instead of hiding. Show me the way of escape You have made, and give me strength to take it. Fill my mind with Your Word and my heart with love for You that is stronger than this pull. I belong to You. Keep me, Lord. In Your name I pray, Amen.

Verses to hold on to

Keep these verses near you. Read one each morning. Say it aloud. God’s Word will hold you on days when feelings are weak.

> *“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”*
> **— Hebrews 4:15 (KJV)**

> *“Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life.”*
> **— James 1:12 (KJV)**

> *“For the righteous falleth seven times, and riseth again.”*
> **— Proverbs 24:16 (KJV)**

> *“Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.”*
> **— Jude 24 (KJV)**

You are not walking alone

Dear friend, you have finished this guide — well done. Keep it near your Bible and return to it whenever you need it. Growth is day by day, and your Father is patient, present and proud of every honest step you take toward Him.

If you would like someone to pray with you, answer your questions, or walk with you in these first steps, our free Salvation Follow-Up team would be honoured to hear from you. Visit slgrace.com and open the chat — ask for the "Salvation Follow-Up" desk. It is completely free, and you will be received with love.

The other free guides in this series

1. You Are a New Creature — free from the Salvation Follow-Up Desk at slgrace.com

2. First Steps With Jesus — free from the Salvation Follow-Up Desk at slgrace.com

3. How to Pray — free from the Salvation Follow-Up Desk at slgrace.com

4. Reading the Bible — free from the Salvation Follow-Up Desk at slgrace.com

5. Sure of Heaven — free from the Salvation Follow-Up Desk at slgrace.com

6. The Holy Spirit, Your Helper — free from the Salvation Follow-Up Desk at slgrace.com

7. Water Baptism — free from the Salvation Follow-Up Desk at slgrace.com

8. Finding Fellowship — free from the Salvation Follow-Up Desk at slgrace.com

9. Forgiven and Free — free from the Salvation Follow-Up Desk at slgrace.com

10. Growing Every Day — free from the Salvation Follow-Up Desk at slgrace.com

11. Telling Others — free from the Salvation Follow-Up Desk at slgrace.com

12. When Doubts Come — free from the Salvation Follow-Up Desk at slgrace.com

13. God's Promises for You — free from the Salvation Follow-Up Desk at slgrace.com

14. Your First 30 Days — free from the Salvation Follow-Up Desk at slgrace.com

May the Lord bless you and keep you, make His face shine upon you, and give you peace — today and all your days. (Numbers 6:24-26)