

The Temptation Prayer

A prayer to help growing followers of Christ overcome the temptations in their lives

The Temptation Prayer

Most of us have a primary temptation that has plagued us for many years. For too many of us that primary temptation has been our downfall and for many years we were defeated in this area.

Now we are struggling to be free, but the temptation keeps coming back to us and it becomes frustrating. We agree with Apostle Paul in Romans 7:15, “I do not understand what I do. For what I want to do I do not do, but what I hate I do.” Does that sound like you? If it does, this pamphlet holds good news for you.

Many years ago when I was struggling with a behavioral addiction in my life I went through a period of intensive searching. I was making a fearless and searching moral inventory of myself and was discouraged at what I was discovering.

When I became fully aware that I couldn't be victorious over my addiction alone I realized that it was only through the power of God that I would ever be free.

During that time I discovered a very important passage of scripture. It was 2 Corinthians 12:7-10. The part that stood out to me was that When Paul appealed to God concerning his weakness, or “thorn in my flesh” as he called it, God simply told him, “My grace is sufficient.”

In God's answer to Paul he gave us tremendous insight into the process of living in victory over our addictions. In verse 9 God says, “My power is made perfect in weakness.” God is literally telling us that the weaker we are in any area, the stronger he becomes in us and if we will rely upon his strength he will give us his power to overcome.

In gaining an understanding of this process God gave me a prayer that has been vital in my restoration process and has helped many people that have used it in their own restoration. I call it the temptation prayer. It provides a format for praying when we are in temptation in the area of our primary weakness. Here is the prayer:

The Temptation Prayer

Father God, I come to you in weakness today. I am being tempted by _____ . I cannot tell you that I desire you above this thing, but I desire this thing. If I did not desire it I would not be tempted, because James wrote, “Each one is tempted when, by his own evil desire, he is dragged away and enticed” (James 1:14).

I now make a conscious decision of my will to surrender this evil desire to you. Your Word says, “Submit yourselves, then, to God. Resist the devil, and he will flee from you” (James 4:7). Even though my desire is for evil, my decision is to submit to you. I know surrender my will to you.

I ask you to take this evil desire from me. James also wrote, “You have not because you ask not” (James 4:2). I am asking that you take this desire from me.

You have said, “Ask and you shall receive, seek and you shall find, knock and the door will be opened to you” (Matthew 7:7). Just know I am asking, seeking and knocking at your door. Receive me into your presence and take this desire from me in Jesus name.

Now I praise and thank you for answering my prayer. Paul told us “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7). Therefore I am giving you praise and thanksgiving for what you are doing for me this very minute.

Father God, I am thankful for your help. Thank you for answering this prayer. Thank you for receiving me. Thank you for the peace I am feeling just now. Thank you for caring friends and family. I give you praise for all things, in Jesus name, amen.

Pray this prayer as often as you need, many times an hour if necessary. You will find that the more consistently you apply this prayer in your times of temptation that the times of temptation will become less frequent.

It is not essential that you use the exact wording given in this pamphlet, but it is important that you keep the essential elements. Let's take a closer look at the prayer.

Examining The Temptation Prayer

Notice in the prayer that every point carries with it a passage from the scripture. It is vitally important to commit passages of scripture to memory so that you can use them in prayer and in your daily life as you grow in the grace of God.

Joshua began to realize the value of God's word when the Lord gave him this instruction; "Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful" (Joshua 1:8).

"I come to you in weakness"—we are acknowledging our inability to overcome this temptation alone. (God's power is made perfect in weakness)

"I cannot tell you that I desire you above this thing, but I desire this thing"—This is being honest with God. We honestly do not desire him when we are tempted. We may know that we should desire him, but we must confess that we desire the object of our temptation at that moment.

"I now make a conscious decision of my will to surrender this evil desire to you"—This vital step is important because we are making a conscious decision to surrender our will over to God. This step is absolutely necessary if we are to live in victory over our undesirable behaviors.

“I ask you to take it from me”—This part of the prayer implies that you have already become willing to have God remove this desire. Though you want it, you have, by a choice of the will, decided to surrender it to God. This is simply the asking part. God waits for you to ask so he can do what he does so well.

“You have said”—When Jesus was tempted by the devil in the wilderness (Matthew 4) he said repeatedly, “It is written...” When we bring our petitions to God with his word it not only restates his promises, but it shows our commitment to him and his word.

“Now I praise and thank you for answering my prayer”—As we begin to praise God for his goodness and mercy His spirit begins to bring our hearts back to him. All at once we realize that the thing we desire *is him*, and that the other thing is not a temptation now.

The purpose of this pamphlet is to give you a tool to help you in your Christian walk. If you would like more information or if you desire encouragement or fellowship, feel free to call the person whose name and phone number appears below.

If you desire copies of this pamphlet, or just want to communicate with us at the address or telephone on the front page.

For more materials on recovery, prayer and your journey of faith visit our website at www.nhmresources.org/

You can also contact us by phone, email and post mail at:

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