

Worksheet: How to Think About Temptation

Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

—Hebrews 4:14–16

My current temptation: _____

Passages in God's word that address it: _____

How should I choose to think about my temptation? _____

How was Jesus tempted in a similar manner? How did he overcome it? _____

What other Bible characters had to deal with my particular temptation, and how did they go about it?

Thoughts and prayers: Jesus is sitting at the right hand of God as my great high priest, and he will help me deal with this temptation. Thank you, God, and thank you, Jesus! Get behind me, Satan!

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