



**“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”**

***1 Corinthians 10:13***

**We need to be aware of relational PARASITES that can diminish the quality of our relationships with others ... and with God!**

***“Watch out for parasites. A parasite is anything that latches onto you or your partner and sucks the life out of your marriage. They’re usually in the form of addictions like gambling, drugs, or pornography. They promise pleasure but grow like a disease and consume more and more of your thoughts, time, and money. They steal away your loyalty and heart from those you love. Marriages rarely survive if parasites are present. If you love your spouse, you must destroy any addiction that has your heart. If you don’t, it will destroy you.” - from The Love Dare***

- **Every TEMPTATION you face has been faced by others.**
- **You are NEVER tempted by something that you can’t resist.**
  - **God provides a WAY OUT for every temptation.**

***How can I break free?***

**1) PRAY; 2) Make a COVENANT; 3) Look for a WAY OUT 4) DIVERT your thoughts; 5) REMOVE yourself; 6) EVALUATE when you fall down; 7) Ask for FORGIVENESS.**

**A 1 Corinthians 10:13 Challenge:**

**Wives/Husbands/Singles: Identify every object of lust in your life and ask God to help you remove it. Single out every lie you’ve swallowed in pursuing forbidden pleasure and reject it completely!**

***For Further Consideration this Week:***

**Monday: Meditate on Matthew 5:29-30. Jesus made it clear that we must deal quickly and decisively with anything that has a hold over our lives. Start your work/school week by taking definite steps toward ridding yourself of any “parasites.” Don’t delay; start today!**

**Tuesday: Read Matthew 6:22-23. Where are you allowing your eyes to take you these days? Are they full of light or darkness? Pray that God will help you with your focus so that you can see through His eyes!**

**Wednesday: Read Genesis 4:7. Either you control your desires, or they control you. Temptation lurks behind every corner. Know that it’s there, and be ready for it when it appears. The time to prepare is now! Be in prayer before temptation ever strikes.**

**Thursday: Read James 1:13-15. As you read these verses, remember who’s to blame when you go astray! Take responsibility today by confessing any wayward thoughts or actions to the Lord. Why not do it right now?**

**Friday: Read Psalms 37:4. As you read this verse, pray for the strength to direct your total attention on the Lord and serving Him. Claim the promise that this passage has to offer for those who “delight in the Lord.”**

**Saturday: Meditate on 2 Timothy 2:22. Things don’t have to remain the same. God can bring about change. The key is ... don’t keep doing the same thing and expect different results. Call on the Lord for strength and guidance and start pursuing whole-heartedly the things of His kingdom!**