

## **Thursday, June 8, 2006**

### **Read: James 1:12-16**

"Blessed is the man [or woman] who endures temptation; for when he [she] has been approved, he [she] will receive the crown of life which the Lord has promised to those who love Him. Let no one say when he [she] is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he [she] is drawn away by his [her] own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren [sisters]." NKJV

### **Memorize: James 1:14-15**

"...each one is tempted when he [she] is drawn away by his [her] own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death." NKJV

### **Think About:**

1. What is my biggest (or one of my biggest) food temptations? (Eating too much? Eating a certain kind of food that isn't healthy? Eating when I'm not hungry? Eating late at night? Eating when I'm emotional [stressed out, lonely, angry, sad]? etc...)
2. What is one step I can take today to avoid being drawn away by my desire to fall for that food temptation? (Getting up from the table as soon as my first helping is gone? Keeping tempting, unhealthy foods out of the house until I can better resist them? Being more aware of hunger signals in my stomach? Setting a timer for 8:00 p.m. to help me resist late night snacking? Making a commitment to pray and cry out to God whenever I desire to turn to food to fill my emotional needs instead of turning to the Lord?)

### **Pray:**

Lord, it is the desire of my heart to put YOU first and foremost in my heart and my mind and my life. I am just so weak that I keep letting food get in the way of that desire. Please help me to love YOU more than anything or anyone else in my life. In Jesus' name I pray, Amen.