

How to Resist Temptation

PART ONE OF TWO

Temptation is enticement to sin, and this does not proceed from God, but from Satan and from the evil of our own hearts. "God cannot be tempted with evil, and He Himself tempteth no man." James 1:13, R.V. Satan seeks to bring us into temptation, that the evil of our characters may be revealed before men and angels, that he may claim us as his own."—*Mount of Blessing*, 116.

"Some will be wayside hearers. They will be affected by the truths spoken; but they have not cultivated the moral powers, **they have followed inclination rather than duty, and evil habits have hardened their hearts** until they have become like the hard, beaten road. These may profess to believe the truth; but they will have no just sense of its sacred, elevated character. **They do not separate from the friendship of the lovers of pleasure and corrupt society; but they place themselves where they are constantly tempted,** and may well be represented by the unfenced field. **They invite the temptations of the enemy** and finally lose the regard they seemed to have for the truth when the good seed was dropped into their hearts."—*3 Testimonies*, 111.

"Nothing is more treacherous than the deceitfulness of sin. It is the god of this world that deludes, and blinds, and leads to destruction. Satan does not enter with his array of temptations at once. **He disguises these temptations with a semblance of good. He mingles with amusements and folly some little improvements, and deceived souls make it an excuse that great good is to be derived by engaging in them.** This is only the deceptive part. It is Satan's hellish arts masked. Beguiled souls take one step, then are prepared for the next. **It is so much more pleasant to follow the inclinations of their own hearts than to stand on the defensive, and resist the first insinuation of the wily foe,** and thus shut out his in-comings.

"Oh, how Satan watches to see his bait taken so readily, and to see souls walking in the very path he has prepared! **He does not want them to give up praying and maintaining a form of religious duties; for he can thus make them more useful in his service.** He unites his sophistry and deceptive snares with their experiences and professions, and thus wonderfully advances his cause."—*Messages to Young People*, 83.

"Keep clear of the boys. In their society your temptations become earnest and powerful. Put marriage out of your girl's head. You are in no sense fit for

this. You need years of experience before you can be qualified to understand the duties, and take up the burdens, of married life. **Positively guard your thoughts, your passions, and your affections.** Do not degrade these to minister to lust. Elevate them to purity, devote them to God.

"You may become a prudent, modest, virtuous girl, but not without earnest effort. **You must watch, you must pray, you must meditate, you must investigate your motives and your actions. Closely analyze your feelings and your acts.**"—*2 Testimonies*, 564.

"We are to learn from past experience how to avoid failure. We pray to our heavenly Father, 'Lead us not into temptation,' and then, too often, **we fail to guard our feet against leading us into temptation. We are to keep away from the temptations by which we are easily overcome.** Our success is wrought out by ourselves through the grace of Christ."—*7 Testimonies*, 239.

"We have a work to do to resist temptation. Those who would not fall a prey to Satan's devices must guard well the avenues of the soul; they must **avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind should not be left to wander at random** upon every subject that the adversary of souls may suggest. 'Girding up the loins of your mind,' says the apostle Peter, 'Be sober, . . . not fashioning yourselves according to your former lusts in . . . your ignorance: but like as He which called you is holy, be ye yourselves also holy in all manner of living.' 1 Peter 1:13-15, R.V. Says Paul, 'Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.' Philippians 4:8. **This will require earnest prayer and unceasing watchfulness.** We must be aided by the abiding influence of the Holy Spirit, which will attract the mind upward, and habituate it to dwell on pure and holy things. And **we must give diligent study to the word of God.** 'Wherewithal shall a young man cleanse his way? by taking heed thereto according to Thy word.' **'Thy word,' says the psalmist, 'have I hid in mine heart, that I might not sin against Thee.'** Psalm 119:9, 11."—*Patriarchs and Prophets*, 460.

"When a laborer has been under a heavy pressure of care and anxiety, and is overworked in both body

and mind, he should **turn aside and rest awhile**, not for selfish gratification, but that he may be better prepared for future duties. We have a vigilant foe, who is ever on our track, ready to take advantage of every weakness that would help to make his temptations effective. **When the mind is overstrained and the body enfeebled, he presses upon the soul his fiercest temptations. Let the laborer carefully husband his strength, and when wearied with toil, let him turn aside and commune with Jesus.**—*Gospel Workers*, 245.

“In the wilderness of temptation Christ met the great leading temptations that would assail man. There He encountered, singlehanded, the wily, subtle foe, and overcame him. **The first great temptation was upon appetite; the second, presumption; the third, love of the world.** Satan has overcome his millions by tempting them to the indulgence of appetite. **Through the gratification of the taste, the nervous system becomes excited and the brain power enfeebled, making it impossible to think calmly or rationally. The mind is unbalanced.** Its higher, nobler faculties are perverted to serve animal lust, and the sacred, eternal interests are not regarded. When this object is gained, Satan can come with his two other leading temptations and find ready access. His manifold temptations grow out of these three great leading points.”—**4 Testimonies, 44.**

“The frivolity of the young is not pleasing to God. **Their sports and games open the door to a flood of temptations.**”—*Counsels to Parents and Teachers*, 366.

“The reason so many of Christ's professed disciples fall into grievous temptation is that **they have not a correct knowledge of themselves.** Here is where Peter was so thoroughly sifted by the enemy. **If we could understand our own weakness,** we should see so much to do for ourselves that we would humble our hearts under the mighty hand of God. Hanging our helpless souls upon Christ, we would supplement our ignorance with His wisdom, our weakness with His strength, our frailty with His enduring might. **Peter fell because he did not know his own frailty. He thought himself strong.**”—*Sons and Daughters of God*, 91.

“**A temptation, slight at first, had been harbored, and had strengthened as it was encouraged,** until their minds were controlled by Satan.”—*Patriarchs and Prophets*, 396.

“**If we would not commit sin, we must shun its very beginnings. Every emotion and desire must be held in subjection to reason and conscience. Every unholy thought must be instantly repelled.** To your closet, followers of Christ. **Pray in faith and with all the heart.** Satan is watching to ensnare your feet. You must have help from above if you would es-

cape his devices.

“By faith and prayer all may meet the requirements of the gospel. No man can be forced to transgress. His own consent must be first gained; **the soul must purpose the sinful act before passion can dominate over reason or iniquity triumph over conscience.** Temptation, however strong, is never an excuse for sin.”—*5 Testimonies*, 177.

“**Intense worldliness** has been one of Satan's most successful temptations. **He designs to keep the hearts and minds of men so engrossed with worldly attractions** that there will be no room for heavenly things. **He controls their minds in their love of the world.** Earthly things eclipse the heavenly, and put the Lord out of their sight and understanding. **False theories and false gods are cherished** in the place of the true. **Men are charmed with the glitter and tinsel** of the world. They are so attached to the things of the earth that **many will commit any sin in order to gain some worldly advantage.**”—**1 Selected Messages, 254-255.**

“He who understands well his own character, who is acquainted with the sin which most easily besets him, and the temptations that will be most likely to overcome him, **should not expose himself needlessly and invite temptation by placing himself upon the enemy's ground.** If duty calls him where circumstances are not favorable, he will have special help from God, and thus go fully girded for a conflict with the enemy.”—*2 Testimonies*, 517.

“All are accountable for their actions while in this world upon probation. **All have power to control their actions** if they will. If they are weak in virtue and purity of thoughts and acts, they can obtain help from the Friend of the helpless. **Jesus is acquainted with all the weaknesses of human nature, and, if entreated, will give strength to overcome the most powerful temptations.** All can obtain this strength if they seek for it in humility.

“The only safety for the youth in this age of pollution is to make God their trust. **Without divine help they will be unable to control human passions and appetites.** In Christ is the very help needed, but how few will come to Him for that help. Said Jesus when upon the earth, ‘Ye will not come to me, that ye might have life.’ In Christ all can conquer. **You can say with the apostle, ‘Nay, in all these things we are more than conquerors through him that loved us.’** Again, ‘But I keep under my body, and bring it into subjection.’”—*Child Guidance*, 466-467.

“**One of the strongest temptations that man has to meet is upon the point of appetite.** Between the mind and the body there is a mysterious and wonderful relation. They react upon each other. **To keep the body in a healthy condition to develop its strength,** that every part of the living machinery may act harmoniously, should be the first study of our life. **To ne-**

glect the body is to neglect the mind. It cannot be to the glory of God for His children to have sickly bodies or dwarfed minds. To indulge the taste at the expense of health is a wicked abuse of the senses. **Those who engage in any species of intemperance, either in eating or drinking, waste their physical energies and weaken moral power.**—*3 Testimonies, 485-486.*

“When the first suggestion of wrong is heard, dart a prayer to heaven, and then firmly resist the temptation to tamper with the principles condemned in God’s Word. The first time the temptation comes, meet it in such a decided manner that it will never be repeated. Turn from the one who has ventured to present wrong practises to you. Resolutely turn from the tempter, saying, I must separate from your influence; for I know you are not walking in the footsteps of our Saviour.

“Even though you may not feel able to speak a word to those who are working on wrong principles, **leave them.** Your withdrawal and silence may do more than words . . . Have courage to do right.”—*Sons and Daughters of God, 164.*

“If they follow after righteousness and true holiness, if they keep all the commandments of God, Satan and his agents will not be permitted to overcome them. All the opposition of their bitterest foes will prove powerless to destroy or uproot the vine of God’s own planting. Satan understands what Balaam learned by sad experience, that **there is no enchantment against Jacob, neither divination against Israel, while iniquity is not cherished** among them.”—*5 Testimonies, 599.*

“Amid the storms of temptation **he could walk safely only as in utter self-distrust he should rely upon the Saviour.** It was on the point where he thought himself strong that Peter was weak; and **not until he discerned his weakness could he realize his need of dependence upon Christ.**”—*Desire of Ages, 382.*

“We cannot always be on our knees in prayer, but **the way to the mercy seat is always open. While engaged in active labor, we may ask for help;** and we are promised by One who will not deceive us.”—*Counsels on Health, 423.*

“When the tempests of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we battle with the storm alone, forgetting that there is One who can help us. **We trust to our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus,** and if we call upon Him to save us, we shall not cry in vain. Though He sorrowfully reproves our unbelief and self-confidence, He never fails to give us the help we need. Whether on the land or on the sea, if we have the Saviour in our hearts, there is no need of fear. **Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger** in the way that He knows to be best.”—*Desire*

of Ages, 336.

“Every perverted appetite becomes a warring lust. Appetite was given us for a good purpose, not to become the minister of death by being perverted, and thus degenerating into ‘lusts which war against the soul.’ ”—*Counsels on Diet and Foods, 166.*

It is the issue of the daily test that determines their victory or defeat in life’s great crisis. Those who fail to realize their constant dependence upon God will be overcome by temptation. We may now suppose that our feet stand secure, and that we shall never be moved. We may say with confidence, ‘I know in whom I have believed; nothing can shake my faith in God and in His word.’ But **Satan is planning to take advantage of our hereditary and cultivated traits** of character, and to blind our eyes to our own necessities and defects. **Only through realizing our own weakness and looking steadfastly unto Jesus can we walk securely.**”—*Desire of Ages, 382.*

“It is not safe for us to linger to contemplate the advantages to be reaped through yielding to Satan’s suggestions. Sin means dishonor and disaster to every soul that indulges in it; but it is blinding and deceiving in its nature, and it will entice us with flattering presentations. If we venture on Satan’s ground we have no assurance of protection from his power. **So far as in us lies, we should close every avenue by which the tempter may find access to us.**

“The prayer, ‘Bring us not into temptation,’ is itself a promise. If we commit ourselves to God we have the assurance, He ‘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.

“The only safeguard against evil is the indwelling of Christ in the heart through faith in His righteousness. **It is because selfishness exists in our hearts that temptation has power over us.** But when we behold the great love of God, selfishness appears to us in its hideous and repulsive character, and we desire to have it expelled from the soul. **As the Holy Spirit glorifies Christ, our hearts are softened and subdued, the temptation loses its power, and the grace of Christ transforms the character.**”—*Mount of Blessing, 118.*

“If we trust wholly in God, we can overcome every temptation and through His grace come off victorious. If we overcome our trials and get victory over the temptations of Satan, then we endure the trial of our faith, which is more precious than gold, and are stronger and better prepared to meet the next. **But if we sink down and give way to the temptations of Satan, we shall grow weaker** and get no reward for the trial and shall not be so well prepared for the next. In this way we shall grow weaker and weaker, until we are led captive by Satan at his will. **We must have on**

the whole armor of God and be ready at any moment for a conflict with the powers of darkness. **When temptations and trials rush in upon us, let us go to God and agonize with Him in prayer.** He will not turn us away empty, but will give us grace and strength to overcome, and to break the power of the enemy.”—*Early Writings, 46.*

“**Temptations often appear irresistible because, through neglect of prayer and the study of the Bible, the tempted one cannot readily remember God's promises** and meet Satan with the Scripture weapons. But **angels are round about those who are willing to be taught in divine things; and in the time of great necessity they will bring to their remembrance the very truths which are needed.** Thus ‘when the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him.’ Isaiah 59:19.”—*Great Controversy, 600.*

“That you may not be led into temptation, remember that **your work does not end with the prayer. You must then answer your own prayer as far as possible by resisting temptation, and leave that which you cannot do for yourselves for Jesus to do for you.**

“**You cannot be too guarded in your words and in your deportment,** lest you invite the enemy to tempt you. **Many of our youth, by their careless disregard of the warnings and reproofs given them, open the door wide for Satan to enter.** With God's word for our guide and Jesus as our heavenly Teacher we need not be ignorant of His requirements or of Satan's devices and be overcome by his temptations. It will be no unpleasant task to be obedient to the will of God when we yield ourselves fully to be directed by His Spirit.”—*3 Testimonies, 378.*

“**Obedience to this word is the best shield** for the youth against the temptations to which they are exposed.”—*Counsels to Parents and Teachers, 438.*

“If you wish your children to possess enlarged capacities to do good, teach them to have a right hold of the future world. **If they are instructed to rely upon divine aid in their difficulties and dangers, they will not lack power to curb passion and to check the inward temptations** to do wrong. Connection with the Source of wisdom will give light and the power of discernment between right and wrong. **Those so endowed will become morally and intellectually strong and will have clearer views and better judgment even in temporal affairs.** {CG 484.1}

“**We can have the salvation of God in our families; but we must believe for it, live for it, and have a continual, abiding faith and trust in God . . .** The

restraint which God's Word imposes upon us is for our own interest. It increases the happiness of our families, and of all around us. It refines our taste, sanctifies our judgment, and brings peace of mind, and in the end, everlasting life.”—*Child Guidance, 484.*

“As the disciples had seen the success of their labors, **they were in danger of taking credit to themselves, in danger of cherishing spiritual pride, and thus falling under Satan's temptations.** A great work was before them, and first of all **they must learn that their strength was not in self, but in God . . .** The disciples needed to come apart from the scenes of their busy activity, to commune with Christ, with nature, and with their own hearts.”—*Desire of Ages, 360.*

“There are evils which man may lessen but can never remove. **He is to overcome obstacles and make his surroundings instead of being molded by them.** He has room to exercise his talents in bringing order and harmony out of confusion. In this work he may have divine aid if he will claim it. **He is not left to battle with temptations and trials in his own strength. Help has been laid upon One who is mighty.** Jesus left the royal courts of heaven and suffered and died in a world degraded by sin, that He might teach man how to pass through the trials of life and overcome its temptations. Here is a pattern for us.”—*5 Testimonies, 312.*

“**Set your face to be a man after God's own heart. What others may venture to do or say that is not strictly in accordance with the Christian standard should be no excuse for you.** You must stand before the Judge of all the earth, not to answer for another, but for yourself. We have an individual responsibility, and **no man's defects of character will be the least excuse for our guilt; for Christ has given us in His character a perfect pattern,** a faultless life.

“The most persistent attacks of the enemy of souls are made upon the truth we profess, and any deviation from the right reflects dishonor upon it. **Our chief danger is in having the mind diverted from Christ. The name of Jesus has power to drive back the temptations of Satan** and lift up for us a standard against him. **So long as the soul rests with unshaken confidence in the virtue and power of the atonement, it will stand firm as a rock to principle, and all the powers of Satan and his angels cannot sway it from its integrity. The truth as it is in Jesus is a wall of fire around the soul that clings to Him.** Temptations will pour in upon us, for by them we are to be tried during our probation upon earth. This is the proving of God, a revelation of our own hearts. **There is no sin in having temptations; but sin comes in when temptation is yielded to.**”—*4 Testimonies, 357-358.*

How to Resist Temptation

**PART TWO
OF TWO**

Continued from the preceding tract in this series

W
M
1
1
9
9

“We are living in an atmosphere of satanic witchery. **The enemy will weave a spell of licentiousness around every soul that is not barricaded by the grace of Christ.** Temptations will come; but **if we watch against the enemy, and maintain the balance of self-control and purity, the seducing spirits will have no influence over us. Those who do nothing to encourage temptation will have strength to withstand it when it comes.**”—*Counsels to Parents and Teachers*, 257.

“The workers in our sanitariums are continually exposed to temptation. They are brought in contact with unbelievers, and those who are not sound in the faith will be harmed by the contact. But **those who are abiding in Christ will meet unbelievers as He met them, refusing to be drawn from their allegiance, but always ready to speak a word in season, always ready to sow the seeds of truth. They will watch unto prayer, firmly maintaining their integrity** and daily showing the consistency of their religion. The influence of such workers is a blessing to many. By a well-ordered life they draw souls to the cross. **A true Christian constantly acknowledges Christ.** He is always cheerful, always ready to speak words of hope and comfort to the suffering.”—*7 Testimonies*, 70.

“**It would require humility of heart, a constant trust in God, and unceasing watchfulness to withstand the temptations** that would surely beset Solomon in his exalted station; for such **prominent characters are a special mark for the shafts of Satan.**”—*Patriarchs and Prophets*, 751.

“**Those who accept Christ, and in their first confidence say, I am saved, are in danger of trusting to themselves. They lose sight of their own weakness and their constant need of divine strength.** They are unprepared for Satan's devices, and under temptation many, like Peter, fall into the very depths of sin. We are admonished, ‘Let him that thinketh he standeth, take heed lest he fall.’ 1 Cor. 10:12. **Our only safety is in constant distrust of self, and dependence on Christ.**”—*Christ's Object Lessons*, 155.

“**The only safeguard against evil is the indwelling of Christ in the heart through faith in His righteousness. It is because selfishness exists in our hearts that temptation has power over us.** But when we behold the great love of God, selfishness appears to us in its hideous and repulsive character, and we desire to have it expelled from the soul. As the Holy Spirit glorifies Christ, our hearts are softened and subdued, the temptation loses its power, and the grace of Christ transforms the character.”—*Mount of Blessing*,

118.

“**You should not place yourself where you will be corrupted by dissolute companionship.** As one who loves your soul I beseech you to shun, as far as possible, the company of the profligate, the licentious, and the ungodly. Pray, ‘Lead us not into temptation,’ that is, ‘Do not, O Lord, suffer us to be overcome when assailed by temptation.’ Watch and pray lest ye enter into temptation. **There is a difference between being tempted, and entering into temptation.**”—*Temperance*, 192.

“**We should not lose courage when assailed by temptation.** Often when placed in a trying situation we doubt that the Spirit of God has been leading us. But it was the Spirit's leading that brought Jesus into the wilderness to be tempted by Satan. When God brings us into trial, He has a purpose to accomplish for our good. **Jesus did not presume on God's promises by going unbidden into temptation, neither did He give up to despondency when temptation came upon Him. Nor should we.** ‘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.’”—*Desire of Ages*, 128-129.

“**Do not stop for one moment to reason. Satan would rejoice to see you overthrown by temptation. Do not stop to argue the case** with your weak conscience. Turn away from the first step of transgression.”—*Counsels on Health*, 587.

“God in His great love is seeking to develop in us the precious graces of His Spirit. He permits us to encounter obstacles, persecution, and hardships, not as a curse, but as the greatest blessing of our lives. **Every temptation resisted, every trial bravely borne, gives us a new experience and advances us in the work of character building. The soul that through divine power resists temptation reveals to the world and to the heavenly universe the efficiency of the grace of Christ.** {MB 117.1}

“But while we are not to be dismayed by trial, bitter though it be, **we should pray that God will not permit us to be brought where we shall be drawn away by the desires of our own evil hearts.** In offering the prayer that Christ has given, we surrender ourselves to the guidance of God, asking Him to lead us in safe paths. **We cannot offer this prayer in sincerity, and yet decide to walk in any way of our own choosing. We shall wait for His hand to lead us;** we shall listen to His voice, saying, “This is the way, walk ye in it.” Isaiah 30:21.”—*Mount of Blessing*, 117-118.

“**Habits of industry will be found an important**

aid to the youth in resisting temptation. Here is opened a field to give vent to their pent-up energies.”—*Life Sketches*, 354.

“**Your hearts have been filled with pride, and even with bitterness at times.** Your closets have been neglected, and you have not loved the exercises of religious duties. **If you had been persevering in your efforts to grow up into Christ, your living Head, you would now be strong,** and competent to bless others with your influence. If you had cultivated a steady, uniform, unwavering energy you would now be strong to resist temptation. But **these precious qualities can only be gained through a surrender of the soul to the claims of religion.** Then the motives will be high, and the intellect and affections will be balanced by noble principles. God will work with us if we will only engage in healthy action. **We must feel the necessity of uniting our human efforts and zealous action with divine power.** We can stand forth in God, strong to conquer.”—*3 Testimonies*, 46.

“**Christ will never abandon the soul for whom He has died . . .** Could our spiritual vision be quickened, we should see . . . **angels flying swiftly to aid these tempted ones, who are standing as on the brink of a precipice. The angels from heaven force back the hosts of evil** that encompass these souls, and guide them to plant their feet on the sure foundation. The battles waging between the two armies are as real as those fought by the armies of this world, and on the issue of the spiritual conflict eternal destinies depend.”—*Mount of Blessing*, 118-119.

“You are professedly the servants of Christ. **Do you then yield to Him ready and willing obedience? Do you earnestly inquire how you shall best please Him** who has called you to be soldiers of the cross of Christ? Do you both lift the cross and glory in it? Answer these questions to God. All your acts, however secret you may think they have been, are open to your heavenly Father. Nothing is hidden, nothing covered. All your acts and the motives which prompt them are open to His sight. He has full knowledge of all your words and thoughts. **It is your duty to control your thoughts. You will have to war against a vain imagination. You may think that there can be no sin in permitting your thoughts to run as they naturally would without restraint. But this is not so.** You are responsible to God for the indulgence of vain thoughts; for from vain imaginations arises the committal of sins, the actual doing of those things upon which the mind has dwelt. Govern your thoughts, and it will then be much easier to govern your actions.”—*3 Testimonies*, 82-83.

“**Live in contact with the living Christ, and He will hold you firmly by a hand that will never let go. Know and believe the love that God has to us, and you are secure; that love is a fortress impreg-**

nable to all the delusions and assaults of Satan. ‘The name of the Lord is a strong tower: the righteous runneth into it, and is safe.’ Proverbs 18:10.”—*Mount of Blessing*, 119.

“Those who are continually learning in the school of Christ will be able to pursue the even tenor of their way, and Satan’s efforts to throw them off their balance will be signally defeated. **Temptation is not sin.** Jesus was holy and pure; yet He was tempted in all points as we are, but with a strength and power that man will never be called upon to endure. In His successful resistance He has left us a bright example, that we should follow His steps. **If we are self-confident or self-righteous we shall be left to fall under the power of temptation; but if we look to Jesus and trust in Him we call to our aid a power that has conquered the foe on the field of battle, and with every temptation He will make a way of escape.** When Satan comes in like a flood, we must meet his temptations with the sword of the Spirit, and Jesus will be our helper and will lift up for us a standard against him. **The father of lies quakes and trembles when the truth of God, in burning power, is thrown in his face.**”—*5 Testimonies*, 426.

“In their labor they do not save souls, and fail even to save their own. **They do not see the importance of self-knowledge and self-control. They do not watch and pray, lest they enter into temptation.** If they would watch, they would become acquainted with their weak points, where they are most likely to be assailed by temptation. With watchfulness and prayer their weakest points can be so guarded as to become their strongest points, and they can encounter temptation without being overcome. **Every follower of Christ should daily examine himself, that he may become perfectly acquainted with his own conduct.** There is with nearly all a neglect of self-examination.”—*5 Testimonies*, 511.

“He [Satan] does not come to man directly and demand homage by outward worship. He simply asks men to place their affections upon the good things of this world. **If he succeeds in engaging the mind and affections, the heavenly attractions are eclipsed. All he wants of man is for him to fall under the deceitful power of his temptations, to love the world, to love rank and position, to love money, and to place his affections upon earthly treasures.** If he secures this, he gains all that he asked of Christ. {3T 480.1}

“The example of Christ shows us that **our only hope of victory is in continual resistance of Satan’s attacks.** He who triumphed over the adversary of souls in the conflict of temptation understands Satan’s power over the race and has conquered him in our behalf. **As an overcomer He has given us the advantage of His victory, that in our efforts to resist the temptations of Satan we may unite our weakness to His strength,** our worthlessness to His merits. And, **sustained by**

1 **His enduring might under strong temptation, we**
 1 **may resist in His all-powerful name and overcome**
 9 **as He overcame.**—3 *Testimonies*, 480.

“Some feel their need of the atonement, and with the recognition of this need, and the desire for a change of heart, a struggle begins. **To renounce their own will, perhaps their chosen objects of affection or pursuit, requires an effort**, at which many hesitate and falter and turn back. Yet this battle must be fought by every heart that is truly converted. **We must war against temptations without and within. We must gain the victory over self, crucify the affections and lusts**; and then begins the union of the soul with Christ. As the dry and apparently lifeless branch is grafted into the living tree, so may we become living branches of the True Vine. And the fruit which was borne by Christ will be borne by all His followers. **After this union is formed, it can be preserved only by continual, earnest, painstaking effort**. Christ exercises His power to preserve and guard this sacred tie, and **the dependent, helpless sinner must act his part with untiring energy**, or Satan by his cruel, cunning power will separate him from Christ.

“**Every Christian must stand on guard continually, watching every avenue of the soul where Satan might find access. He must pray for divine help and at the same time resolutely resist every inclination to sin**. By courage, by faith, by persevering toil, he can conquer. But let him remember that **to gain the victory Christ must abide in him and he in Christ** . . . It is only by personal union with Christ, by communion with Him daily, hourly, that we can bear the fruits of the Holy Spirit.”—5 *Testimonies*, 47-48.

“**The ungodly are those who do not love and obey the commandments of God, but go contrary to them. This is the class of counselors you are warned to shun**.—the class which Satan uses to lead youth astray. Their counsel, their suggestions, are of a character to make light of sin, to ridicule righteousness. . . . They are represented as standing in the way of sinners, always leading them out of the straight path of duty and obedience to God's commandments into paths of disobedience. If it were not for **those persons who do wrong and tempt others to do wrong**, many sinners might have chosen the path of duty, the life of purity and godliness.

“**The fear of ridicule** leads many a youth to yield to temptation and to walk in the way of the ungodly.

“Jesus would not place Himself in peril to please the devil. But how many today can stand a dare?”

“**Allow no taunts, no threats, no sneering remarks, to induce you to violate your conscience in the least particular**, and thus open a door whereby Satan can come in and control the mind . . . You must be an interested student of the Bible . . . **His Word is a sure guide**; if it is carefully studied, there is no danger of falling under the power of temptations that surround

the youth, and crowd in upon them.

“Some may ridicule you for being so strict; they may call you self-righteous; but **be careful to start right, and then keep quietly on**. The history of Daniel, if all was written, would open chapters before you that would show you the temptations he had to meet, of ridicule, envy, and hatred; but . . . **he rose superior to ridicule; and so will every one who is an overcomer**.”—*Sons and Daughters of God*, 211.

“His [Joseph's] soul thrilled with **the high resolve to prove himself true to God—under all circumstances** to act as became a subject of the King of heaven. **He would serve the Lord with undivided heart**; he would meet the trials of his lot with fortitude and perform every duty with fidelity. One day's experience had been the turning point in Joseph's life. Its terrible calamity had transformed him from a petted child to a man, thoughtful, courageous, and self-possessed . . . **He was here exposed to temptations of no ordinary character**. He was in the midst of idolatry. The worship of false gods was surrounded by all the pomp of royalty, supported by the wealth and culture of the most highly civilized nation then in existence. Yet **Joseph preserved his simplicity and his fidelity to God. The sights and sounds of vice were all about him, but he was as one who saw and heard not. His thoughts were not permitted to linger upon forbidden subjects**. The desire to gain the favor of the Egyptians could not cause him to conceal his principles. Had he attempted to do this, he would have been overcome by temptation; but he was not ashamed of the religion of his fathers, and he made no effort to hide the fact that he was a worshiper of Jehovah.”—*Patriarchs and Prophets*, 214.

“If when Achan yielded to temptation he had been asked if he wished to bring defeat and death into the camp of Israel, he would have answered: “No, no! is thy servant a dog that he should do this great wickedness?” **But he lingered over the temptation to gratify his own covetousness**; and when the opportunity was presented, he went further than he had purposed in his heart.”—4 *Testimonies*, 492.

“**It is not an easy matter to overcome an established taste for narcotics and stimulants. In the name of Christ alone can this great victory be gained**.”—4 *Testimonies*, 32-33.

“**Minds that are clouded and partially paralyzed by narcotics, are easily overcome by temptation**, and cannot enjoy communion with God.”—*Temperance*, 64 [context includes tobacco].

“**Will man take hold of divine power, and with determination and perseverance resist Satan**, as Christ has given him example in His conflict with the foe in the wilderness of temptation? **God cannot save man against his will** from the power of Satan's artifices. **Man must work with his human power, aided**

by the divine power of Christ, to resist and to conquer at any cost to himself. In short, man must overcome as Christ overcame. And then, through the victory that it is his privilege to gain by the all-powerful name of Jesus, he may become an heir of God and joint heir with Jesus Christ. This could not be the case if Christ alone did all the overcoming. **Man must do his part; he must be victor on his own account, through the strength and grace that Christ gives him.** Man must be a co-worker with Christ in the labor of overcoming, and then he will be partaker with Christ of His glory.”—*4 Testimonies*, 32-33.

“Moses was full of confidence in God because he had appropriating faith. **He needed help, and he prayed for it, grasped it by faith, and wove into his experience the belief that God cared for him.** He believed that God ruled his life in particular. He saw and acknowledged God in every detail of his life and felt that he was under the eye of the All-seeing One, who weighs motives, who tries the heart. **He looked to God and trusted in Him for strength to carry him uncorrupted through every form of temptation.** He knew that a special work had been assigned to him, and he desired as far as possible to make that work thoroughly successful. But he knew that he could not do this without divine aid.”—*4 Testimonies*, 651-652.

“**In assuming an air of indifference** he [Peter] had placed himself on the enemy's ground, and he became an easy prey to temptation.”—*Desire of Ages*, 712.

“It is because the human heart is inclined to evil that it is so dangerous to sow the seeds of skepticism in young minds. **Whatever weakens faith in God robs the soul of power to resist temptation.** It removes the only real safeguard against sin.”—*Ministry of Healing*, 440.

“Praise the Lord even when you fall into darkness. **Praise Him even in temptation.** “Rejoice in the Lord always,” says the apostle; “and again I say, Rejoice.”” —*2 Testimonies*, 593.

“**The worker [for God] has fewer temptations than those who have little to do.**”—*Counsels on Sabbath School Work*, 122.

“The [Waldensian] youth thus sent forth [as missionaries from their valleys] were exposed to temptation, they witnessed vice, they encountered Satan's wily agents, who urged upon them the most subtle heresies and the most dangerous deceptions. **But their education from childhood had been of a character to prepare them for all this.**”—*Great Controversy*, 70.

“**The tempted one needs to understand the true force of the will. This is the governing power in the nature of man**—the power of decision, of choice. **Ev-**

erything depends on the right action of the will. Desires for goodness and purity are right, so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. **They do not yield the will to God. They do not choose to serve Him.**

“God has given us the power of choice; it is ours to exercise. **We cannot change our hearts, we cannot control our thoughts, our impulses, our affections. We cannot make ourselves pure, fit for God's service. But we can choose to serve God, we can give Him our will;** then He will work in us to will and to do according to His good pleasure. Thus our whole nature will be brought under the control of Christ.

“**Through the right exercise of the will, an entire change may be made in the life. By yielding up the will to Christ, we ally ourselves with divine power.** We receive strength from above to hold us steadfast. A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God.”—*Ministry of Healing*, 176.

“**Every act of obedience to Christ, every act of self-denial for His sake, every trial well endured, every victory gained over temptation, is a step in the march to the glory of final victory.** If we take Christ for our guide, He will lead us safely. The veriest sinner need not miss his way. Not one trembling seeker need fail of walking in pure and holy light. Though the path is so narrow, so holy that sin cannot be tolerated therein, yet access has been secured for all, and not one doubting, trembling soul need say, ‘God cares nought for me.’

“**The road may be rough and the ascent steep; there may be pitfalls upon the right hand and upon the left;** we may have to endure toil in our journey; when weary, when longing for rest, we may have to toil on; when faint, we may have to fight; when discouraged, we must still hope; **but with Christ as our guide we shall not fail of reaching the desired haven at last.** Christ Himself has trodden the rough way before us and has smoothed the path for our feet.

“And all the way up the steep road leading to eternal life are well-springs of joy to refresh the weary. **Those who walk in wisdom's ways are, even in tribulation, exceeding joyful; for He whom their soul loveth, walks, invisible, beside them.** At each upward step they discern more distinctly the touch of His hand; at every step brighter gleamings of glory from the Unseen fall upon their path; and their songs of praise, reaching ever a higher note, ascend to join the songs of angels before the throne.”—*Mount of Blessing*, 140.