

January 25, 2022

The Lord wants you to experience real and abundant life:

1 Cor. 10:13 *No temptation has overtaken you except what is common to mankind. 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 endure it. (NIV)*

Part of the goodness of living an abundant life is the help that we get from the Holy Spirit. Paul reminds us that we have a helper Who lives with us and can help us so no to the temptations that continually bombard us.

The phrase *overtaken you* literally that it has complete control over you. This is a spiritual battle that takes place in the spiritual realm. **Eph. 6:12** reminds us of this: *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the power of this dark world and against the spiritual forces of evil in the heavenly realms. (NIV)* For the children of God, we cannot be overtaken because we have the power of the Holy Spirit residing within us. And because we are no longer our own, and have been bought with a price, we are to then glorify the LORD in our mortal bodies.

The number one way to face temptation is by standing on the Rock and resisting the devil. We have been given authority through the name of Jesus and by the blood that was shed for us. And not only this, Paul also reminds us that when we are tempted, the LORD will provide a way out. Isn't that just like our loving Father? He is always watching over His children. He remembers that we are fragile and that without Him we can do nothing, but with Him we can do all things. When we walked without Him, we had no power to say no to sin. But now, we can say no to sin and yes to Him. What a blessing!

Dear LORD, thank You that You are there to help us in times of temptation and trials. We can confidently look to You for our strength and hope. Without You we would have nothing, but with You we have all that we will ever need. In Jesus Name, Amen