

Bible Verses to Fight Temptation

Anger

- Matthew 5:22 "I tell you that anyone who is angry with his brother will be subject to judgment."
- James 1:20 "Man's anger does not bring about the righteous life that God desires."

Condemnation

- Romans 8:1 "Therefore there is now no condemnation for those who are in Christ Jesus."
- 1 John 1:9 "If we confess our sins He is faithful and just and will forgive us our sins and cleanse us from all unrighteousness."

Envy & Covetousness

- Exodus 20:17 "You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbour."
- Proverbs 14:30 "A heart at peace gives life to the body, but envy rots the bones."

Gossip

- Proverbs 16:28 "A perverse man stirs up dissension, and a gossip separates close friends."
- James 3:9-10 "With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be."

Greed

- Luke 12:15 "Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."
- Ephesians 5:5 "Of this you can be sure: No immoral, impure or greedy person - such a man is an idolater - has any inheritance in the kingdom of Christ and of God."

Hatred

- Leviticus 19:17 "Do not hate your brother in your heart."
- Matthew 5:44-5 "I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven."

Idolatry (anything that takes God's place)

- Exodus 20:3 "You shall have no other gods before me."
- 1 Corinthians 10:14 "Flee from idolatry."

Laziness

- Proverbs 6:10-11 "A little sleep, a little slumber, a little folding of the hands to rest - and poverty will come on you like a bandit and scarcity like an armed man."
- 2 Thessalonians 3:10 "If a man will not work, he shall not eat."

Lying

- Exodus 20:16 "You shall not give false testimony against your neighbour."
- Colossians 3:9 "Do not lie to each other, since you have taken off your old self with its practices."

Lust / Sexual Sin

Job 31:1

"I made a covenant with my eyes not to look lustfully at a girl."

Proverbs 6:32

"But a man who commits adultery lacks judgment; whoever does so destroys himself."

Matthew 5:28

"I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

Occult

Deut 18:10-11

"Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead."

Ephesians 6:12

"Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

Pride

Proverbs 16:18

"Pride goes before destruction, a haughty spirit before a fall."

Matthew 6:1

"Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven."

James 4:6

"God opposes the proud but gives grace to the humble."

Revenge

Proverbs 24:29

"Do not say, 'I'll do to him as he has done to me; I'll pay that man back for what he did.'"

Matthew 5:38-9

"You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, Do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also."

Rude Jokes & Swearing

Ephesians 5:4

"Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving."

James 3:6

"The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell."

Stealing

Exodus 20:15

"You shall not steal"

Ephesians 4:28

"He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need."

Unforgiveness

Leviticus 19:18

"Do not seek revenge or bear a grudge against one of your people, but love your neighbour as yourself."

Matthew 6:15

"If you do not forgive men their sins, your Father will not forgive your sins."

Worry

Psalms 55:22

"Cast your cares on the Lord and he will sustain you; he will never let the righteous fall."

1 Peter 5:7

"Cast all your anxiety on him because he cares for you."