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There is always a way through

God never allows more to be put *on* me than He has put *in* me to handle it.

Keys to Defeating Temptation:

***Refocusing my attention on something else, because whatever gets my attention gets me**

***Share my struggle with a friend or group I trust, because whatever I can't talk about is already out of control in my life**

***Resist the devil- don't argue with him; just accept God's salvation. Say yes to Jesus. Make a good confession.**

***Recognize my vulnerability- I need God's help**

God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.

1 Corinthians 10:13

Who could I ask to be a spiritual partner to help me defeat a persistent temptation by praying for me?