

How to Take Temptation's Exit Door

I recently meditated on 1 Corinthians 10:13, which promises:

"No temptation has taken you except what is common to man. God is faithful, and He will not permit you to be tempted above what you can endure, but will with the temptation also make a way to escape, that you may be able to bear it."

Here are some truths revealed in this Scripture to help you if you are struggling with temptation right now:

1. Temptation is common.
2. You don't face a temptation that someone else hasn't been through already.
3. God is faithful and knows how much temptation you can bear.
4. He doesn't let you be tempted beyond what you can bear.
5. God always provides a way of escape with the temptation so that you can bear it.

While God Himself doesn't tempt us (James 1:13), He does allow it. But He does not put us in "no win" situations.

One of God's names is "Jehovah-Jireh," which means, "His provision is seen." In the case of temptation, this Scripture says that God's provision is an escape route so that we can bear temptation.

Did you know that?

Here are some issues I've experienced with temptation's escape route.

- I did not know there was an escape route at first.

Because I wasn't familiar with the Scripture, I also felt that I was at the mercy of temptation.

- Next, I did not believe there was an escape route, even though I saw the Scripture. So I didn't bother to look for the escape route when I was tempted.
- After I finally believed there was an escape route, I sometimes did not ask God to show it to me because deep down, I wanted to give in to the temptation.

Actually, that last point was the one I dealt with the most!

By providing an escape route with every temptation, God is giving us an opportunity to know Him as faithful.

When we take the escape route, it's also our opportunity to know Him as our Jehovah-Jireh.

So while we don't seek temptation, we can train ourselves to ask the Lord, "Where is the escape route?" when temptations come.

These are the steps you should expect when you are using the escape route:

1. "This is the part where temptation comes."
2. "This is the part where I ask God, 'Where is the escape route you've provided?' God speaks to me in His "still, small voice."
3. "This is the part where God reveals the escape route."
4. "This is the part where I take that escape route and thank God for His faithfulness."
5. "This is the part where my body complains (may be through getting tense, heartbeat gets faster, mild headache) because I told it 'No.'"
6. "This is the part where I re-direct my thoughts to

something else and occupy my body with a useful activity.”

7. “This is the part where my body relaxes and moves on to something else.”

Many people don’t take the escape route because they don’t want to have to deal with No. 5. But the body can be like a spoiled child. In order for your body to be well, you must provide discipline (a path of instruction) for it.

In most cases, the tension dissipates in 10 minutes or less. So if you must, set a timer for 10 minutes and occupy your mind and body with something else.

Remember, the escape route is just as real and present as the temptation itself is. We just have to seek it, see it, and take it! {eoa}

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