

9 Ways to Overcome Temptation

1. **Avoid and/or flee from it.** If you can avoid a tempting situation this will help you tremendously!
2. **Offer your mind and thoughts to God.** Pray, “God, please cleanse my mind of anything that is not of you.”
3. **Participate in the sacrament of reconciliation often.** The more you go to confession, the more grace you will have to overcome a particular sin.
4. **Pray an Ignition daily examine at the end of the day.** Taking the time to reflect on your day will make you more aware of your actions.
5. **Remind yourself of the consequences of sin.** All sin distances us from God. The more we sin, the farther we push ourselves away from God.
6. **Memorize God’s Word.** Filling our minds with the thoughts of God and having them readily available to us is very helpful. Find a scripture passage that resonates with you and recite it when you are tempted.
7. **Pray more.** The closer you are to God (which happens through prayer), the more graces he will pour out on you. Ask the Holy Spirit to help you overcome certain sins or temptations.
8. **Think of your heavenly reward and not just of this life.**
Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Lord has promised to those who love him.” -James 1:12
9. **Receive the Eucharist regularly.** We receive special graces from the Eucharist. Attending daily Mass so that you can receive the Eucharist will nourish your spiritual life, bringing you closer to God.

“Some suffer great temptations in the beginning of their conversion, others toward the end, while some are troubled almost constantly throughout their life. Others, again, are tempted but lightly according to the wisdom and justice of Divine Providence Who weighs the status and merit of each and prepares all for the salvation of His elect. We should not despair, therefore, when we are tempted, but pray to God the more fervently that He may see fit to help us, for according to the word of Paul, He will make issue with temptation that we may be able to bear it. Let us humble our souls under the hand of God in every trial and temptation for He will save and exalt the humble in spirit.” - *The Imitation of Christ, Thomas Kempis*