

Tempt: v. 1. orig., to test; try 2. to try to persuade; induce or entice, especially to something immoral or sensually pleasurable 3. to rouse desire in; be inviting to; attract 4. to provoke or run the risk of provoking (fate, etc.) 5. to to incline strongly (to be tempted to accept).

Booze? Cheating? Junk food? Overspending? Sleeping in? Gambling? What tempts YOU?

Everyone has a weak spot, something that you want desperately to indulge in and know you shouldn't. Temptations are everywhere. Imagine what the world---and your life---would be like if you and everyone else gave in to whatever tempts you.

What makes you resist temptation? Fear? Fear of being found out? Fear of the possible repercussions? Upbringing? Do you hear a voice in your head telling you that you must resist? If you think it is the voice of your parent or religious leader or a teacher who warned you about temptation, think again. This is now your own voice. You know very well what the consequences of your action might be if you gave in to the temptation.

Sometimes those consequences seem worth it. When you're feeling blue or vulnerable and can rationalize taking advantage of the temptation ("I know I'll win enough in that poker game to get myself a better car"...or just one drink/pint of ice cream won't make a difference"). The problem is the slippery slope on the other side of the temptation. The voice that says: "I got away with it/won last time, I'm sure I can do it again." Or..."that drink/pint of ice cream was no big deal so why not eat another one tomorrow?"

As Mark Twain said: "There are several good protections against temptations, but the surest is cowardice." The reasons you have for resisting temptation are less important than the fact that you do and that resistance is like a muscle. The more you use it, the easier it will get. Because the temptations---and probably many more---will always surround you.

Week's Quotes:

"Don't worry about temptation as you grow older, it starts avoiding you."

"Every moment of resistance to temptation is a victory."

"Help me to resist temptation, Lord, especially when I know no one is looking."

"Calvin: Do you believe in the devil? You know, a supreme evil being dedicated to the temptation, corruption, and destruction of man? Hobbes: I'm not sure that man needs the help."

"Middle age is when you're faced with two temptations and you choose the one that will get you home by nine o'clock." Ronald Reagan, 40th President of the U.S. (1981-1989). 1911-2004.

"I generally avoid temptation unless I can't resist it." Mae West, American actress and sex symbol, 1892-1980.

"Temptation to behave is terrible." Bertold Brecht, German poet and playwright, 1898-1956.

"Some temptations come to the industrious, but all temptations attach the idle." Charles H. Spurgeon, English preacher of the 19th century, 1834-1892.

"Good habits result from resisting temptation." Proverbs.