

Chocolate Covered Raisins

One of my favorite snacks is chocolate-covered raisins. The combination of raisins and “layers of milk chocolate” is really good and appeals to my “sweet tooth.” The problem is, tasting a small handful of the chocolate-covered raisins whets my pallet for more. A few isn’t enough. Intellectually, I know it is not good for me to consume all that sugar.

At times, we have a jar of chocolate-covered raisins in the house. Walking by the jar, I purposely turn my head and look elsewhere. Staring at that jar makes me crave some and tests my willpower. Looking in a different direction allows me to shift my mind to other thoughts and ignore the temptation.

We face temptations every day. Advertising on television is designed to appeal to our desires, whether consciously or subconsciously. Sometimes, it is subtle, but other times, it strikes at multiple desires. We want to appear to be successful in the eyes of others as well as for our own satisfaction. The temptation might also be trying to “be like the Jones’.” We may covet the car they drive, the clothes they wear, or their physical appearance. If someone appears to be popular, we want what they have. Athletes and entertainment stars endorse products because we admire their popularity or what they have.



The Bible assures us we can deal with temptation. Here are a few examples:

- *No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. (1 Corinthians 10:13).* My personal “way out” is to avoid something altogether.
- *When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don’t be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:13-17).*
- The Lord’s Prayer addressed temptation with the familiar words: *And lead us not into temptation, but deliver us from the evil one.’ (Matthew 6:13)*

Instead of craving something, look away – physically or mentally. Instead of focusing on craving what you shouldn’t have or don’t need, be satisfied with what the Lord has given you.

Question: What tactics do you use to resist temptation?

Prayer: Dear Lord. The world is full of temptations. Help us to be strong and avoid the evils of this world. Amen.