

Daily Accountability & Scripture

Your word I have hidden in my heart, that I might not sin against You.
- Psalm 119:11

TRUTHS ABOUT TEMPTATION & VICTORY

Temptation is an unavoidable part of the human experience, but living trapped in cycles of defeat is not God's plan for your life. True freedom does not come from relying on human willpower alone, but from trusting God's faithfulness and taking the exit routes He provides.

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.." — 1 Corinthians 10:13(NKJV)

"Your word I have hidden in my heart, that I might not sin against You.." — Psalm 119:11 (NKJV)

THREE STEPS TO BREAKING HARMFUL CYCLES

1. **Identify Your Triggers:** Notice when you are most vulnerable (HALT: when you are Hungry, Angry, Lonely, or Tired).
2. **Pre-Decide Your Exit Route:** Know what practical step you will take when temptation arises (e.g., leaving the room, turning off a screen, calling an accountability partner).
3. **Replace the Lie with Truth:** Use Scripture out loud to counter temptation just as Jesus did in the wilderness (Matthew 4:1-11).

THE DAILY VICTORY TRACKER & ACCOUNTABILITY

Use this simple worksheet to evaluate your week and track healthy habits:

MY IDENTIFIED TRIGGERS

(Times, places, or feelings where I struggle most)

1. _____
2. _____
3. _____

MY "WAY OF ESCAPE" PLAN

(My immediate action when temptation strikes)

1. _____
2. _____
3. _____

WEEKLY HABIT & PRAYER CHECKLIST

- ☐ Monday: Read 1 Corinthians 10:13 out loud | Pray for strength
- ☐ Tuesday: Focus on HALT check-in during stress
- ☐ Wednesday: Memorize Psalm 119:11 | Attend Bible study
- ☐ Thursday: Reach out to a trusted Christian friend for encouragement
- ☐ Friday: Review victory areas and celebrate God's grace
- ☐ Saturday: Prepare your heart for Sunday worship
- ☐ Sunday: Gather with the church family for strength and fellowship

SCRIPTURE MEMORY & GUIDED PRAYER

JAMES 4:7 (NKJV)

"Therefore submit to God. Resist the devil and he will flee from you."

ROMANS 12:2 (NKJV)

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

PHILIPPIANS 4:13 (NKJV)

"I can do all things through Christ who strengthens me."

GUIDED PRAYER FOR COMFORT:

Use this prayer below as an example to help guide our own prayer

"Heavenly Father, thank You that You are always faithful and that You never leave me alone in my struggles. Forgive me for the times I have relied on my own strength instead of looking to You. Open my eyes to recognize temptation quickly, and give me the courage to take the way of escape You provide. Fill my mind with Your Word, renew my heart, and surround me with brothers and sisters who sharpen my faith. In Jesus' name, Amen"

WE WOULD LOVE TO WALK WITH YOU! ‘

Join us at Bethany Church of Christ as we study God's Word together.

- Sunday Bible Class: 9:30 AM
- Sunday Morning Worship: 10:30 AM
- Wednesday Evening Bible Study: 6:00 PM

www.bethanycofc.org



Have Questions or Need Prayer? Connect with us on Facebook or send us a message!