

# Day 1: Understanding Temptation

**Scripture:** Genesis 25:29-34

- **Reflection:** Reflect on the story of Esau and Jacob. Consider how Esau's immediate desires led him to make a poor decision. How does this relate to the temptations you face in your own life?
- **Prayer:** Ask God for wisdom to recognize and resist temptations that promise immediate satisfaction but lead to long-term consequences.

# Day 2: The Impact of Sexual Sin

**Scripture:** Exodus 20:14; 1 Corinthians 6:19-20

- **Reflection:** Consider the commandment against adultery and the call to honor God with your body. Reflect on how sexual sin can impact not just individuals, but families and communities.
- **Prayer:** Pray for strength to uphold God's standards for sexuality and for healing in areas where you or others have fallen short.

# Day 3: Refrain and Reframe

**Scripture:** 2 Corinthians 10:5

- **Reflection:** Think about the concept of "refrain and reframe." How can you apply this to your life when faced with temptation? Consider the long-term vision for your life and how your current choices align with it.
- **Prayer:** Ask God to help you take every thought captive and to give you a clear vision for your future that aligns with His will.

# Day 4: The Importance of Right Circumstances

**Scripture:** 2 Samuel 11:1-4

- **Reflection:** Reflect on the story of David and Bathsheba. How did David's choices and circumstances lead to sin? Consider the environments and situations you find yourself in and how they influence your actions.
- **Prayer:** Pray for discernment to recognize and avoid situations that could lead to sin. Ask for guidance to create circumstances that honor God.

## Day 5: Embracing Christian Sexual Ethics

**Scripture:** Matthew 5:27-29

- **Reflection:** Reflect on Jesus' teaching about lust and adultery. Consider how embracing Christian sexual ethics can lead to personal and societal flourishing.
- **Prayer:** Pray for the courage to live out Christian sexual ethics in your life. Ask God to help you be a light in your community, demonstrating the joy and stability that come from following His ways.