

4 WAYS TO AVOID TEMPTATION



Sin is a conscious decision to turn away from God and his commandments. So why do we do it?! Even though we have been saved by Jesus' redemptive action on the Cross we are still subject to temptation. Fighting against the lure of sin and striving for holiness is the lifelong pursuit of all disciples.

Prayer can be an effective means of fighting temptation.

When we take to time to talk to God about our lives, and to listen to his response, we slowly attune our ways of thinking with his. When temptations arise, saying a short Glory Be or Hail Mary can redirect our thoughts and tamp down our unruly desires.

Participation in the liturgical life of the Church conforms our patterns of living with the liturgical seasons, drawing us closer to the Paschal Mystery. The Mass, which is the source

“BE SOBER AND VIGILANT. YOUR OPPONENT THE DEVIL IS PROWLING AROUND LIKE A ROARING LION LOOKING FOR [SOMEONE] TO DEVOUR.”

:: 1 Peter 5:8

and summit of our faith, and the Sacrament of Reconciliation impart grace in our lives which frees us from the bondage of sin and helps us realize that authentic freedom which allows us to say “yes” to God's will in our life.

Forming our conscience — by reflecting on the Sacred Scriptures, attending to Church teaching, and finding reliable sources of formation and information — can also

protect us against sin. In the Catholic tradition the Ten Commandments and the Beatitudes are considered especially useful as guides for understanding God's moral law, including what he prohibits and

what he desires us to do.

When we have questions about specific moral topics we can also turn to statements from the Vatican, the U.S.



Watch the video:

youtu.be/IKP3qVAzzOA

“FREEDOM IS THE POWER TO ACT OR NOT TO ACT, AND SO TO PERFORM DELIBERATE ACTS OF ONE’S OWN. FREEDOM ATTAINS PERFECTION IN ITS ACTS WHEN DIRECTED TOWARD GOD, THE SOVEREIGN GOOD.”

:: *Catechism of the Catholic Church*, no. 1744

Conference of Catholic Bishops, and our local Church leaders.

Practicing virtue is another way to fight temptation. When we make virtue a habit we are less likely to fall into unhealthy and sinful behaviors. Practiced and cultivated with an open heart, the Cardinal Virtues of prudence, justice, fortitude, and temperance can help us to “love what is good and shun evil.” (*Catechism of the Catholic Church*, no. 1811)

Striving for holiness is a lifelong process. Knowing how to resist temptation, avoid sin, and conform our lives to Christ is an essential step in growing in holiness and walking the path of discipleship.



Family Discussion Questions

1. What has helped you to respond to God’s call to ongoing conversion of heart and resist the temptations and allures of sin?
2. How can the members of your family help one another resist bad habits and remind each other to pursue holiness?

Family Challenge

Have each family member choose a virtue they want to practice in a special way this Lent. Think of ways you can put this virtue into action each day.

Additional Videos

- How to Face Temptation: youtu.be/RCG-1LwNs5E
- Forming Your Conscience: youtu.be/NjZu5_NQRRQ
- Bishop Barron on the Devil: youtu.be/IED3S-vJ5AU

Other Resources

- *The Essential Moral Handbook: A Guide to Catholic Living* by Kevin J. O’Neil, CSsR and Peter Black, CSsR (Liguori, 2006)
- *How to Resist Temptation* by Fr. Francis J. Rempler, CM (Sophia Institute, 2001)



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