

A close-up photograph of a hand holding a bright red apple. The hand is positioned on the right side of the frame, with fingers wrapped around the top of the apple. The apple is the central focus, showing its characteristic shape and a small stem at the top. The background is a deep, dark blue or black, which makes the red of the apple stand out. The lighting is dramatic, highlighting the texture of the skin and the smooth surface of the apple.

**How to
Overcome**

TEMPTATION

If you are dealing with a temptation in your life the first thing to do is to repent from your sin and give your life to Jesus Christ.

Next, would be to get rid of what ever is causing your sin, "If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell." - Matthew 5:29

What this is saying is to get rid of whatever is causing the temptation.

Finally, pray about it, Ask God to remove the temptation. "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." - Matthew 26:41

"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it."

- Luke 8:13