

Prayers about Temptation, Idols & Self-Care

God, I pray as you taught us to pray that _____ not be led into temptation. Please deliver (him/her) from all evil. God, give (him/her) Your power and strength to resist temptation when it rears its ugly head. You promise to always provide a way out when (he/she) is tempted. Please help _____ to always find and walk into that way out that You provide.

Help _____ to consistently choose to do the right thing and the thing that pleases You. Give (him/her) a love for Your Word and Your law. Surround (him/her) with community and friendships that encourage each other in the battle with temptation, that hold each other accountable, and pursue righteousness together.

When (he/she) wanders from Your truth, bring (him/her) quickly back to you. Help (him/her) deeply desire to get back on track. Give (him/her) wisdom and discernment in all things.

Rather than succumbing to temptation, give _____ a desire for whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy in Your eyes.

God, I pray for favor for _____ as (he/she) steps into the gifts and opportunities you have given (him/her). Please help (him/her) not turn them into idols that (he/she) worships over You, the giver of all good gifts. Help (him/her) have a pure heart that seeks You above all. Protect (him/her) from creating idols of achievement, accomplishment, other opinions, possessions, wealth, relationships, status, and all other things the devil dangles in front of (him/her) as something to be worshipped and sought after over You. Help (him/her) to see that anything (he/she) values over You is an idol and if not put in its proper place will destroy (him/her).

Help _____ know when to say no to things. Help (him/her) recognize when good things are getting in the way of better things. Help (him/her) know that it is ok to slow down and not get caught up in the cultural rat race of excessive busyness.

Help _____ learn that just because (he/she) can do something, doesn't mean (he/she) should. Help (him/her) to choose the great over the good when both are presented.

Help _____ avoid destructive pursuits and addictions to provide the care for (his/her) soul, mind, and heart. Bring people into (his/her) life who will point (him/her) to You over "quick fixes" the world readily promotes. Keep (him/her) free from strongholds that threaten (his/her) wholeness and relationship with You.

Help _____ seek out healthy living, getting enough sleep, favoring food, drink, and nutrition that fuels (his/her) body, and exercising for mental and physical health.

God, please help _____ develop habits of Sabbath rest and healthy self-care. Help (him/her) to seek You for rest and restoration over the things the world readily offers. Help (him/her) always choose You.