



## Feed Your Spirit

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<sup>12</sup> If you think you are standing strong, be careful not to fall. <sup>13</sup> The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.  
**1 Corinthians 10:12-13 NLT**

## What to feed your spirit

### 1. Feed your spirit with prayer

*“Watch and pray. Then you won’t fall into sin when you are tempted. The spirit is willing, but the body is weak.”*

**Matthew 26:41 NIRV**

### 2. Feed your spirit with God’s word

<sup>9</sup> How can a young person keep their life pure? By living according to your word. <sup>10</sup> I trust in you with all my heart. Don’t let me wander away from your commands. <sup>11</sup> I have hidden your word in my heart so that I won’t sin against you.

**Psalms 119:9-11 NIRV**

### 3. Feed your spirit with positive people

<sup>33</sup> Do not be fooled. “Bad companions ruin good character.”

<sup>34</sup> Come back to your right senses and stop your sinful ways.  
**1 Corinthians 15:33-34 GNT**

## 4. Feed your spirit with service

*Follow my example: Even the Son of Man did not come for people to serve him. He came to serve others and to give his life to save many people.”*

**Mark 10:45 ERV**

*Don’t offer the parts of your body to serve sin. Don’t use your bodies to do evil, but offer yourselves to God, as people who have died and now live. Offer the parts of your body to God to be used for doing good.*

**Romans 6:13 ERV**

*Idle hands are the devil’s workshop.* **Proverbs 16:27 TLB**

**I will focus on feeding and strengthening my spirit with \_\_\_\_\_**

### Next Steps:

- I will actively fight temptation and search for a way out when tempted: \_\_\_\_\_
- I will focus on feeding and strengthening my spirit with \_\_\_\_\_
- I will trust in God for my strength not myself
- Memorize the series verses - 1 Cor. 10:12-13
- \_\_\_\_\_