

Definition

1. Temptation is a desire to do something, especially something wrong or unwise.
2. Temptation is a desire to pursue immediate enjoyment, instead of doing what needs to be done. For example, someone may put off cleaning the kitchen to enjoy playing a video game. If this action continues, the kitchen mess will only get worse and require more time and effort to clean it up.
3. In the context of some religions, temptation is the inclination to sin. Sin is loving and valuing something more than God. Sin is also treating people in ways that hurt them. For example, loving wealth or power more than God would be sin. Lying, greed, sexual immorality are also examples of sin that hurt people.
4. More informally, temptation may be used to mean "the state of being attracted and enticed" without anything to do with moral or ethical; for example, one may say that a piece of food looks "tempting" even though eating it would result in no negative consequences. (Source: Wikipedia)

Share a story you know that explains temptations.

A recent survey conducted in the USA reveals the following about temptations among the Americans.

The top 3 problems for the Americans are procrastination, overeating and spending too much time on media.

The survey said that 60% of Americans admitted that they're tempted to worry too much or procrastinate; 55% said they're tempted to overeat, and 41% said they're tempted by sloth, or laziness.

The sex, drugs and rock and roll-like vices fell dead last in the temptation categories: 11% of Americans said they were tempted by drug abuse; 9% were tempted by sexually inappropriate contact.

Temptation also seems to affect men and women differently – more women said they're tempted by gossip and overeating, and only 8% of women admitted to being tempted by online pornography versus 28% of men.

The study said that 59% of Americans admit that they don't do anything to avoid temptation and half can't explain why they give into temptation.

(Source: <http://religion.blogs.cnn.com/2013/02/08/americans-reveal-their-3-favorite-sins/>)

Let's discuss.

1. Of the three most common temptations: procrastination, over eating, or laziness, which are you most tempted by?
2. What are the ways you usually use to resist temptations?
3. If you are comfortable doing so, share an example from your life where you had a temptation and you
 - a. resisted it.
 - b. gave in to the temptation.
4. According to your faith/ religion are there any special things you do to overcome temptation?

Todd Hunter, author of *Our Favorite Sins*, gives advice for staying clear of temptation: fast, pray and stay out of places and relationships that lead you toward temptation.

5. What is your opinion of his advice? Have you tried any of these methods? What happened?

For those who aren't religious, Hunter recommends thinking about sports. He cites the practice habits of superstars like NBA legend Michael Jordan. They practice progress, repeating athletic exercises every day until their body complies.

6. How could the sports model help a person to withstand temptation?

Do you have any other advice?