EVALUATE STEPS INTO temptation

**Steps Into Sin (Temptation)**

The goal of this assignment is to identify the Six-Step Process of Temptation.[[1]](#footnote-1)

1. **The Stimulus phase,** is the temptation triggered by something visual or by something that simply comes to mind about the past
2. **The Emotional Excitement phase**, is a physical response after seeing or thinking about the past, which brings on an intense response throughout the body, leading to an emotional response.
3. **The Invitation phase,** where the potential for conflict is either rejected or enjoyed by the one being tempted. If the temptation is enjoyed, it is followed by
4. **The Planning phase,** the person retains, enjoys, and plans to respond in a specific way to individuals in a conversation. This is followed by
5. **The Struggle phase,** which occurs when the person sees where they are and a part of them cries out because it is not where they want to be. If that is ignored,
6. **The Deed phase** occurs. Here, the person’s planning is enacted.

The Apostle Peter, instructs the believers who "reside as aliens" to put "aside all malice and all guile and hypocrisy and envy and all slander." Instead, we must "long for the pure milk of the word, so that by it you may grow in respect to salvation" (1 Peter 2:1-2).

Paul writes, "if indeed you have heard Him and have been taught in Him, just as

truth is in Jesus, that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity. He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Therefore be imitators of God, as beloved children; and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma" (Ephesians 4:31-5:2).

It is crucial to learn to turn Phase 3 above, the Invitation phase, into a Rejecting phase. If

this is done, this will turn the moment of temptation into a moment of prayer, calling upon God's promises and pondering His goodness as described in the Scriptures.

1. Developed from Alan P. Medinger, “Is Masturbation Always a Sin?” *The Journal of Biblical Counseling* 15, no. 1 (Fall 1996): 65-66 [↑](#footnote-ref-1)