

## Dealing with Temptation

How do *you* deal with temptation, which can come at us in various forms and attractions? One recommended way, of course, is to pray that God will lead you to do the right thing.

As an example, we have just concluded the Fourth of July holiday, which generally means gathering with families and friends, celebrating with fireworks and, of course, lots of food. And I am prone to eat – way more than I should!

It reminds me of a story I heard about a very overweight man who decided that it was time to shed a few pounds. He went on a new diet and took it seriously. He even changed his usual driving route on the way to the office, precisely in order to avoid passing his favorite bakery.

One morning, however, he arrived at the office carrying a large, sugar-coated, calorie-loaded coffee cake. Get the picture?



For this, he was roundly chided by his colleagues, but he only smiled, shrugged his shoulders, and said, “What could I do? This is a very special cake. What happened is that, by force of habit, I accidentally drove by the bakery this morning, and there in the window were trays full of the most scrumptious goodies.



“Well, I felt this was no accident that I happened to pass by this way, so I did what I should and I prayed. I said, ‘Lord, if you really want me to have one of those delicious coffee cakes, let me find a parking space right in front of the bakery.’

“And sure enough, on the ninth time around the block, there it was!”

We chuckle at the story, but I must admit I am prone to act the way this fellow did. Only, in my case, the temptation is Krispy Kreme doughnuts. I just can’t seem to pass by when the red light is flashing!

– Beecher Hunter