**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 11:** Acquiring Peace and Zeal for Perfection

**Definition and Scriptures:**

**Temptation:** Temptation in the Biblical sense is a situation in which one experiences a challenge to choose between fidelity and infidelity to one's obligations toward God. ... God is never unfaithful to His own word. Man, however, by being seduced or deceived, trusts creatures, thereby testing God's patience. ([encyclopedia.com](https://www.encyclopedia.com/))

**James 1:13-18:** When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don’t be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

**Luke 11:2-4:** He said to them, “When you pray, say: “‘Father, hallowed be your name, your kingdom come. 3 Give us each day our daily bread. 4 Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.’”

**Psalm 119:11:** Your word I have hidden in my heart, that I might not sin against You.

**Quote:**

“Resist temptations in the beginning, and unlearn the evil habit lest perhaps, little by little, it lead to a more evil one.”

**Discussion:**

What is the difference between living by faith or living by sight?

If we develop habits based on our perception and we develop loyalties based on what we believe in, how does God transition us from living a life out of habit to living a life out of conviction?