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

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

**Chapter 13: Resisting Temptation**

**Definition and Scriptures:**

**Conquer:** To defeat or take control over by physical, mental or moral force. (yourdictionary.com)

**Romans 8:37:** But in all these things we overwhelmingly conquer through Him who loved us.

**James 4:7:** Submit yourselves, then, to God. Resist the devil, and he will flee from you.

**Philippians 4:13:** I can do all this through him who gives me strength.

**Quote:**

“We cannot conquer simply by fleeing, but by patience and true humility we become stronger than all our enemies. The man who only shuns temptations outwardly and does not uproot them will make little progress; indeed they will quickly return, more violent than before. Little by little, in patience and long-suffering you will overcome them, by the help of God rather than by severity and your own rash ways.”

**Discussion:**

How is love a moral victory?

How does God empower us to resist the devil through patience and true humility?