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CENTER FOR BIBLE ENGAGEMENT

Winning the Day Spiritually: Temptation Survey Results

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Executive Summary

Previous studies conducted by the Center for Bible Engagement on the Bible reading habits of Christ followers reveal that for many there is a there is a disconnection between what people say about the Bible and what they actually do. Most believe the Bible is relevant to their everyday lives and is their life authority, but only one-half read the Bible daily and only two out of five have read the entire Bible. Reading habits are positively correlated with Bible knowledge, spiritual growth, and witnessing. Moreover, respondents who read the Bible at least four times a week are less likely to engage in behaviors such as gambling, pornography, getting drunk, and sex outside marriage.

This last point is particularly important because there are definite signs that Christians are struggling in the battle against such temptations. Studies by several different organizations suggest that about half of men attending church are involved in pornography (Genung, 2005), a significant minority of self-identified born-again Christians has cohabited (Barna Research Group, 2001), and an estimated 8 out of 10 youth walk away from their faith by age 23. If current trends continue, by 2040, Christianity will be a minority faith in the United States and would have lost over 200 million souls.

Turning these tides is a monumental task that requires a new approach built on the cornerstone of God's word and an understanding of how people are living their lives today. To further our understanding of how Christians are winning (and losing) the day spiritually, the Center for Bible Engagement surveyed over 8,000 Christ followers who had spent over 84 million days following Christ. Their answers concerning the temptations they face and how they deal with them provide important information for helping other Christ followers "win the day".

- **Most survey respondents are engaged in the activities and disciplines thought to promote spiritual maturity. Men and women differ somewhat in their activities.**

Four-fifths (81.8%) of Christ-followers read or listened to the Bible at least four of the past seven days. More than two-thirds (68.9%) have a close friend or mentor that helps them grow spiritually, almost all (99.6%) report praying

at least once a day, and a little more than half (55.6%) participate in group Bible study other than Sunday school.

Compared to their male counterparts, women were more likely to participate in group Bible study and to indicate that they had a spiritual mentor or friend who helps them grow. In contrast, men were more likely to report reading or listening to the Bible four or more of the previous seven days.

- **Among self-professed Christ-followers who were engaging in spiritual activities and disciplines, a minority – and at times, a significant minority – were also engaging in behaviors that could put them in jeopardy – spiritually, physically, and/or relationally.**

Nearly one-fifth (17.0%) of respondents said they had destructive/violent thoughts toward themselves or others. One out of ten reported engaging in pornography at least once every few months. Smoking (7.4%), gambling (6.1%) and getting drunk (5.0%) were reported by at least 5% of Christ-followers.

For all behaviors except sex outside marriage, men were significantly more likely to indicate that they engaged in that activity at least once every few months. Remarkably, one-fifth (20.4%) of men reported having destructive or violent thoughts, compared to just 15.0% of women. The gender difference for pornography is even larger, with almost one out of four (23.3%) Christ-following men indicated that they engaged in pornography at least once every few months.

- **When asked about temptations, women reported a wide variety of temptations, none of which accounted for much more than one-tenth of the total responses. For men, temptations related to sexuality were most common, accounting for two-fifths of all responses.**

The most frequent temptations reported by women varied from gossip to worry to negative thoughts. Gossip (12.3%) and overeating (12.1%) were most common, although each accounted for only a minority of female Christ-followers.

For men, temptations related to sexuality were most common. In fact, nearly two-fifths (37.6%) of all responses from men about their most frequent temptation concerned sex, ten times more common than the second most frequent temptation (laziness, 3.6%).

Responses to questions about the most difficult temptation and the one that has had the most impact on their lives were similar. For women, gossip (12.6%) and overeating (12.0%) topped the list of most difficult temptations. For men, sexual issues were the most difficult, named by two out of every five (38.7%) male respondents.

Sex was most commonly named as the temptation that has had the most impact on their lives, accounting for one-fifth of all Christ-followers and one out of three (33.7%) men. Overeating was the second most common response, although it accounted for only 5.5% of the sample.

- **Another important dimension of temptation to consider is how often Christ-followers are tempted to do something wrong. Survey results indicate that temptations are fairly frequent in the lives of believers.**

When asked how many times they felt tempted to do wrong yesterday, four out of five (80.8%) reported being tempted between one and ten times. About half (49.9%) indicated they were enticed between one to three times the previous day. On average, men reported significantly higher levels of temptation than women.

Considering the temptation that had the most impact on their lives, on average, Christ followers spent just under a year (mean = 321 days) thinking about that. Men's thoughts dwelled on it significantly more days than women's, with means of 342 days and 310 days, respectively.

- **The majority of believers indicate that they yield to temptation at least some of the time.**

When asked whether they yielded to the temptation or not, the majority of believers indicated that they had, at least some of the time. Two-thirds (63.4%) answered "sometimes 'yes', sometimes 'no'" and 15.9% responded "yes" to the question about giving in to temptation.

- **Respondents most often named their relationship with God, engaging scripture, and prayer as helping them resist temptation. They tend to deemphasize accountability relationships and church.**

A little more than one-fourth (26.6%) of Christ-followers said that their relationship with God helped them to resist temptation. Similarly, one out of five engaged in God's word and almost the same proportion utilized prayer. In total, roughly two-thirds of respondents indicated at least one of these three: their relationship with God, engaging with God's word, and prayer.

Also noteworthy is the fact that many of the strategies emphasized in local churches were named only infrequently in terms of helping believers resist temptation. Very few respondents said that other people (5.5%), some type of accountability relationship (2.1%) or church (0.5%) helped them to stand firm against temptation.

- **Curiously, most respondents had discussed their temptations with a friend. However, friends or accountability partners were named infrequently as resources in helping to resist temptation.**

Three out of four respondents had shared their temptation with another person, but only 3.0% named Christian friends as helping them resist temptation. Almost two-thirds (62.1%) of respondents answered "no" when asked if anyone had held them accountable for their thoughts in the past seven days.

- **To Christ-followers, the key to winning the day tomorrow is winning the day today. When asked "What currently helps you win the day spiritually?", Christ-followers named reading the Bible as number one.**

The vast majority (92.1%) of survey respondents agreed that "Winning the day over temptation today will be the first step toward winning the day tomorrow". One-quarter (25.3%) indicated scriptural engagement helped them win the day spiritually and an additional 23.3% stated prayer. Relationship with God rounded out the top three strategies, accounting for 15.0% of the responses.

- **Responses to the open-ended question about how Back to the Bible can help people win the day spiritually indicate that many Christ-followers desire help that is given in a personal, non-judgmental, confidential, and easily accessible format.**
- **Christ-followers also mentioned the importance of the Bible teaching they receive through Back to the Bible and offered for suggestions for how that could be enhanced, including topical studies and “power verses”.**

In sum, through the Scriptural Engagement Survey, Christ-followers told us in their own words about the spiritual struggles they face each day. Although the majority is mature believers who are engaged in Scripture and prayer, they still struggled with destructive behaviors such as pornography, gambling, and violent thoughts. Moreover, virtually all faced temptations every day. For women, the type of temptation varied from gossip to overeating to negative attitudes towards their husbands. For men, sexual temptation was a common theme, identified as an issue by almost two-fifths of male believers.

In terms of ministries geared towards helping Christ-followers deal with temptation, two take-home points are clear. The first is that men and women differ markedly in terms of what tempts them. Second, the types of temptations *women* are susceptible to tend to be very personal or unique to each woman. Among *men*, however, issues related to sexuality are a common source of temptation for at least two out of five men who are Christ-followers. Thus, for women a personalized approach to facing temptation may be more promising while for men, approaches targeted to dealing with sexual temptations appear to be most needed.

What do survey results suggest is needed to help believers win the day spiritually? Survey responders themselves say that their relationship with God, reading scripture, and prayer help them to resist temptation. For an unknown number, however, feelings of guilt associated with temptation prompts them to run away from God, instead of running towards Him.

The findings suggest that to win the day spiritually believers must be engaged in God’s word each day. They could also benefit from specific methods for identifying and dealing with the specific temptations in their lives. In their own words, Christ-followers indicate a desire for help that is given in a

personal, non-judgmental, confidential, and easily accessible format. One possibility to meet this need would be an on-line forum where Christians can connect with other believers to deal honestly with their temptations, to hold each other accountable, and to encourage each other to keep running towards Christ and not away from him.

Winning the Day Spiritually

Introduction

The harsh reality in the United States today is that most people who profess faith in Jesus Christ own Bibles, but never read them. Disengagement from God's word has left American believers ignorant of basic Bible facts and truths, vulnerable to false teachings, and, in many cases, spiritually immature. Studies conducted by the Center for Bible Engagement on the Bible reading habits of Christ followers reveal:

- **There is a disconnection between what people say about the Bible and what they actually do.** Most believe the Bible is relevant to their everyday lives and is their life authority, but only one-half read the Bible daily and only two out of five have read the entire Bible.
- **Bible reading habits are positively correlated with Bible knowledge, spiritual growth, and witnessing.** Three-fifths of those who shared their faith with more than 10 people in the past year read the Bible daily, compared to only one-third of those who did not share their faith at all.
- **Respondents who read the Bible at least four times a week are less likely to engage in behaviors such as gambling, pornography, getting drunk, and sex outside marriage.**

This last point is particularly important because there are definite signs that Christians are struggling in the battle against such temptations. Studies by several different organizations suggest that about half of men attending church are involved in pornography (Genung, 2005). A significant minority of self-identified born-again Christians, particularly those under 35, has cohabited, and divorce rates are just as high among born-again Christians as among other groups (Barna Research Group, 2001). An estimated 8 out of 10 youth walk away from their faith by age 23. If current trends continue, by 2040, Christianity will be a minority faith in the United States and would have lost over 200 million souls.

Turning these tides is a monumental task that requires a new approach built on the cornerstone of God's word and an understanding of how people are

living their lives today. To further our understanding of how Christians are winning (and losing) the day spiritually, the Center for Bible Engagement surveyed over 8,000 Christ followers who had spent over 84 million days following Christ. Their answers concerning the temptations they face and how they deal with them provide important information for helping other Christ followers “win the day”.

Methods

A total of 8,285 self-identified Christ followers completed the Spiritual Engagement Survey. About two-thirds (63.1%) of respondents were women. Respondents were primarily middle-aged with a mean age of 49 years. One-third of survey takers were 50 to 59 years old and an additional quarter (27.2%) were in their forties.

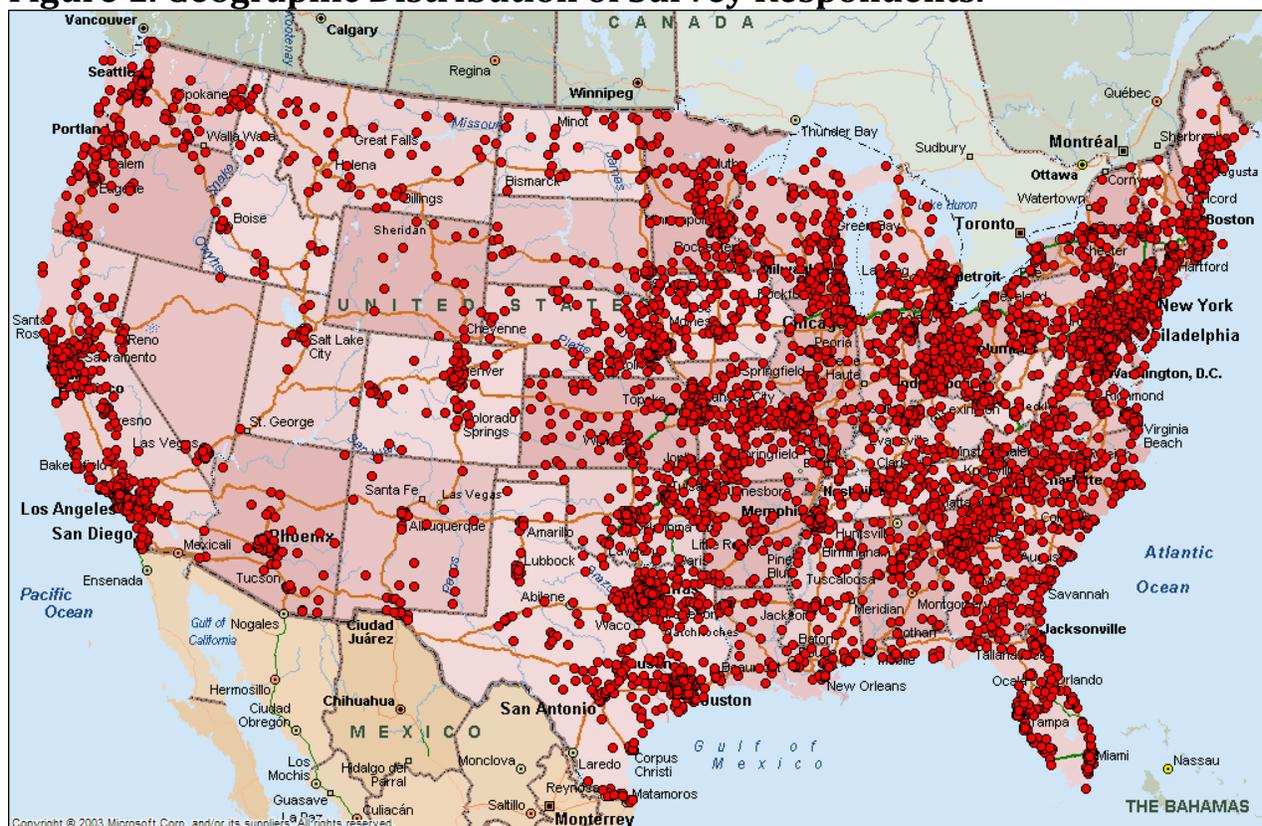
Most survey respondents (80.9%) identified themselves as White. A little less than one-tenth (8.9%) were African-American.

The majority (72.1%) were married. About one out of five were either divorced (11.8%) or single/never married (9.8%). Only 0.5% of respondents indicated that they were “living with a significant other”.

Those who completed the survey were fairly well-educated. Nearly half (46.2%) had at least a college degree. An additional one-third (31.3%) had some college education.

Figure 1 shows the geographic distribution of survey respondents. All 50 states are represented in the sample.

Figure 1. Geographic Distribution of Survey Respondents.



What Are Christ-Followers Doing To Win The Day Spiritually?

The majority of Christ-followers completing the Spiritual Engagement Survey had been believers for most of their lives. The average length of time as a Christ follower was 28 years. Three out of four respondents had been believers for 15 to 40 years. Only one-tenth had been Christ followers for less than five years.

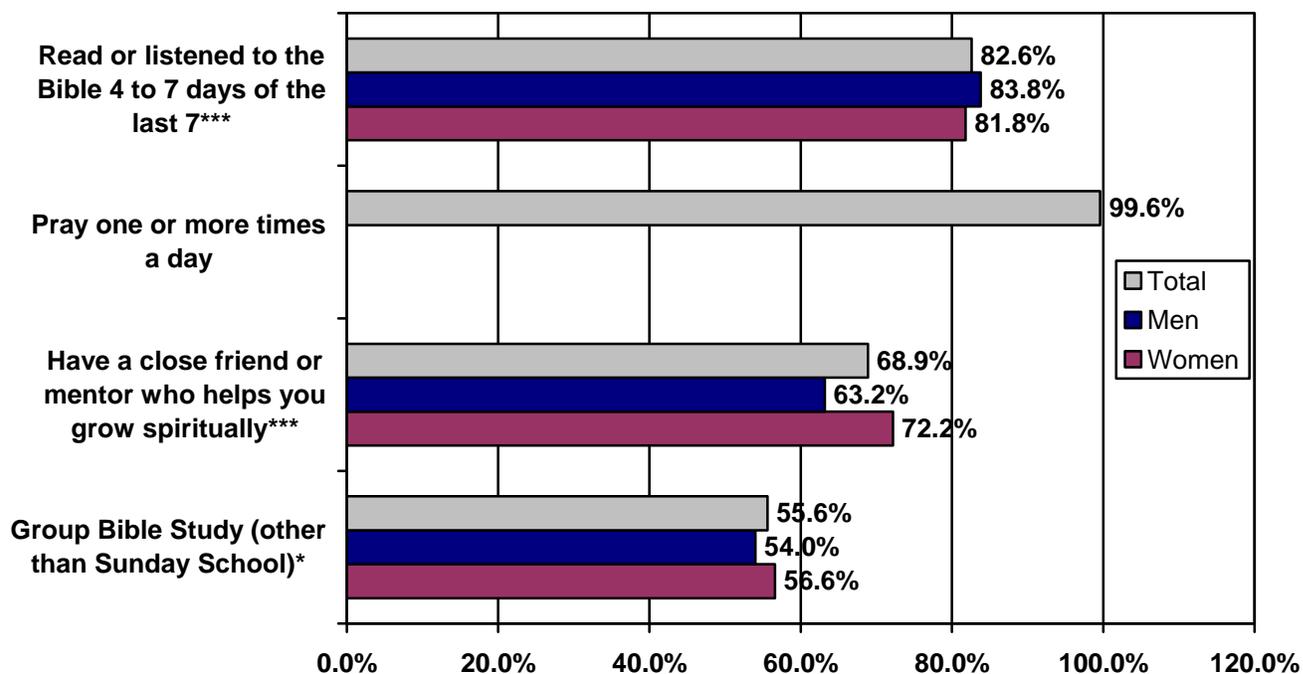
In describing their personal beliefs about what happens after death, the overwhelming majority (94.9%) of respondents chose the statement: "I will go to heaven because I have accepted Jesus Christ as my personal savior". Most (86.8%) also indicated that they attend church at least once a week.

As shown in Figure 2, survey respondents tend to be involved in many of the activities and spiritual disciplines believed to foster spiritual maturity. Four-fifths (81.8%) read or listened to the Bible at least four of the past seven days. More than two-thirds (68.9%) have a close friend or mentor that helps them grow spiritually and almost all (99.6%) report praying at least once a day.

Finally a little more than half (55.6%) participate in group Bible study other than Sunday school.

Although the majority of both groups report engaging in the activities depicted in Figure 2, there were statistically significant differences between men and women. Compared to their male counterparts, women were more likely to participate in group Bible study and to indicate that they had a spiritual mentor or friend who helps them grow. In contrast, men were more likely to report reading or listening to the Bible four or more of the previous seven days.

Figure 2. Spiritual Activities & Disciplines of Survey Respondents.



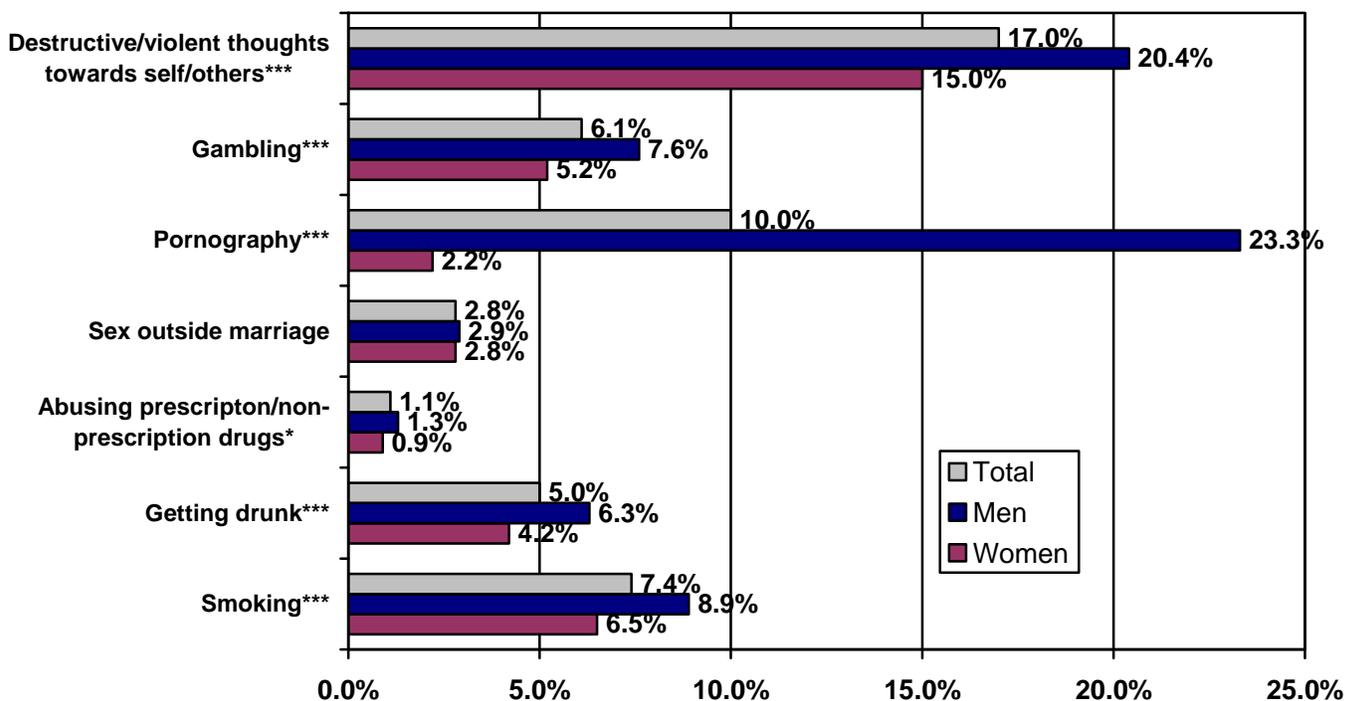
In general, the individuals who responded to the Spiritual Engagement survey were self-professed Christ-followers who had been believers for much of their adult lives and who were engaging in spiritual activities and disciplines. However, as Figure 3 demonstrates, a minority – and at times, a significant minority – were also engaging in behaviors that could put them in jeopardy – spiritually, physically, and/or relationally.

The gray bars in the figure indicate the percent of all respondents reporting that they engage in that activity or behavior at least once every few months.

Nearly one-fifth (17.0%) said they had destructive/violent thoughts toward themselves or others. One out of ten reported engaging in pornography at least once every few months. Smoking (7.4%), gambling (6.1%) and getting drunk (5.0%) were reported by at least 5% of Christ-followers.

Figure 3 also shows that men and women differed in their likelihood of engaging in various habits and behaviors. For all behaviors except sex outside marriage, men were significantly more likely to indicate that they engaged in that activity at least once every few months. Overall, the differences between men and women were generally small, with two notable exceptions: destructive/violent thoughts towards self/others and pornography. Remarkably, one-fifth (20.4%) of men reported having destructive or violent thoughts, compared to just 15.0% of women. The gender difference for pornography is even larger, with males ten times more likely to report engaging than women. Almost one out of four (23.3%) Christ-following men indicated that they engaged in pornography at least once every few months.

Figure 3. Respondents Engaging in These Activities or Habits at Least Once Every Few Months.



How Are Believers Tempted?

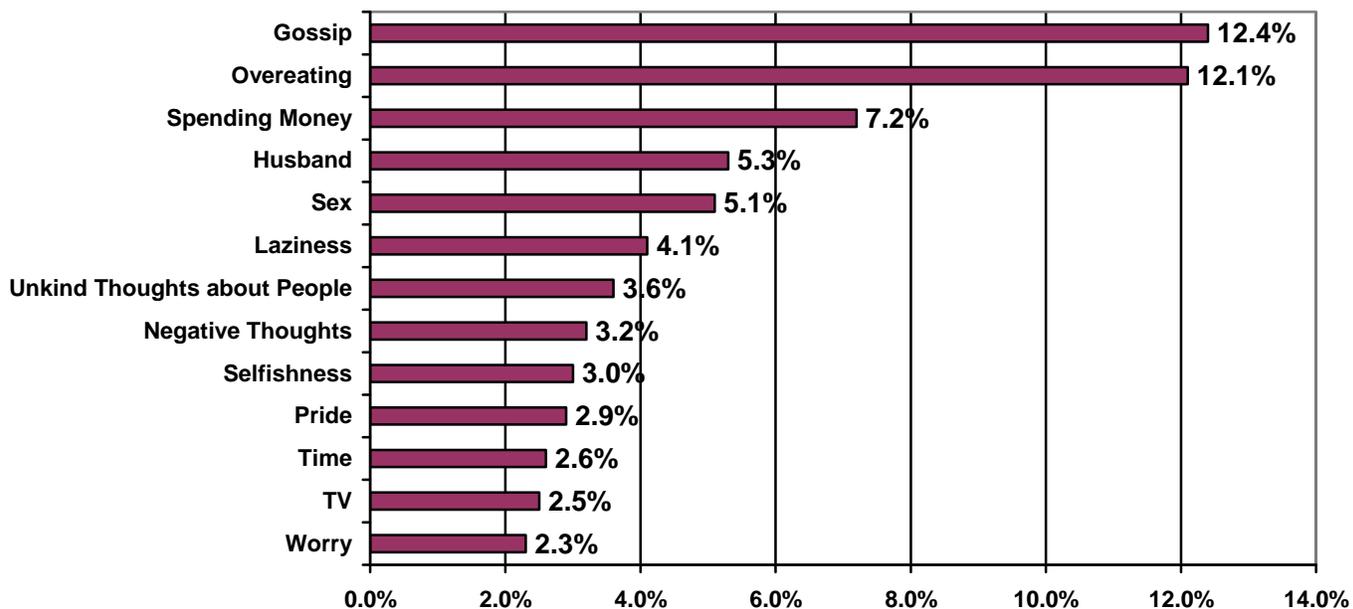
In order to understand more about what trips Christ-followers up in their efforts to grow spiritually, several questions on the Spiritual Engagement Survey asked about temptations. Defined as “the desire to have or do something that you know you should avoid”, temptation to some degree is a reality for all believers. The apostle Paul spoke candidly about his personal struggles with temptation:

*19*For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. *20*Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. – Romans 7:19-20 (NIV)

In the survey, respondents were asked “In the last month, what temptations were the most frequent?” Because we did not want to limit respondents to only a pre-determined set of possible answers, survey takers were given a free-form text space in which to write their answers in their own words. The data from this question were then analyzed using SPSS Text Analysis for Surveys.

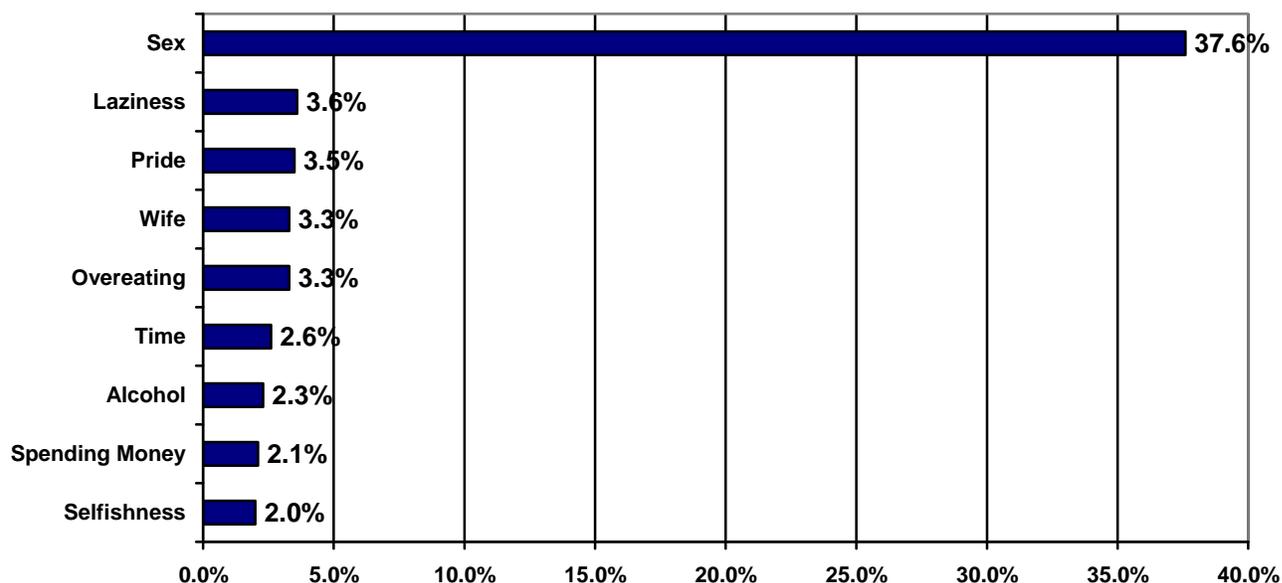
Answers to the question about most frequent temptations differed dramatically between women and men. As Figure 4 shows, women reported a wide variety of temptations, none of which accounted for much more than one-tenth of the total responses. Gossip (12.3%) and overeating (12.1%) were the most common temptations for women, although each accounted for only a minority of female Christ-followers.

Figure 4. Most Frequent Temptations for Christ-Following Women.



For men, temptations related to sexuality were most common. In fact, nearly two-fifths (37.6%) of all responses from men about their most frequent temptation concerned sex. As shown in Figure 5, the temptation of sex was reported ten times more by men than the second most frequent temptation (laziness).

Figure 5. Most Frequent Temptations for Christ-Following Men.



The temptations respondents named as the most difficult were very similar to those they indicated as most frequent. For women, gossip (12.6%) and overeating (12.0%) topped the list of most difficult temptations. For men, sexual issues were the most difficult, named by two out of every five (38.7%) male respondents.

Survey respondents were also asked about the impact temptation has had on their lives. Sex was most commonly named as the temptation that has had the most impact, accounting for one-fifth of Christ-followers. Overeating was the second most common response, although it accounted for only 5.5% of the sample.

Sexual temptation had the most impact for both men and women. However, it was named more commonly by men. One out of three (33.7%) men indicated that sexual temptation had affected their lives most, compared to 15.3% of women. Overeating was the second most common response among women (8.3%); for men, alcohol (2.7%) was second.

In terms of ministries geared towards helping Christ-followers deal with temptation, the take-home points of Figures 4 & 5 are clear. The first is that men and women differ markedly in terms of what tempts them. Second, the types of temptations *women* are susceptible to tend to be very personal or

unique to each woman. Among *men*, however, issues related to sexuality are a common source of temptation for at least two out of five men who are Christ-followers. Thus, for women a personalized approach to facing temptation may be more promising while for men, approaches targeted to dealing with sexual temptations appear to be most needed.

How Often Are Believers Tempted?

Another important dimension of temptation to consider is how often Christ-followers are tempted to do something wrong. If temptations are infrequent, they may have very little effect on spiritual growth and daily living. However, if enticements are frequent they can become all-consuming, pushing out other things, including spiritual engagement activities.

When asked how many times they felt tempted to do wrong yesterday, four out of five (80.8%) reported being tempted between one and ten times. About half (49.9%) indicated they were enticed between one to three times the previous day.

On average, men reported significantly higher levels of temptation than women. Men reported a mean number of 14.4 temptations in the previous day, compared with a mean of 10.7 for women.

We also asked for how many minutes Christ-followers had been tempted to do wrong the previous day. Respondents gave a wide range of responses from zero to 600 minutes (essentially all of their waking hours). The mean or average number of minutes enticed was 36. However, the median was 10 minutes, indicating that half of respondents were tempted to do wrong for 10 minutes or less in the previous day.

How Does Temptation Affect Believers?

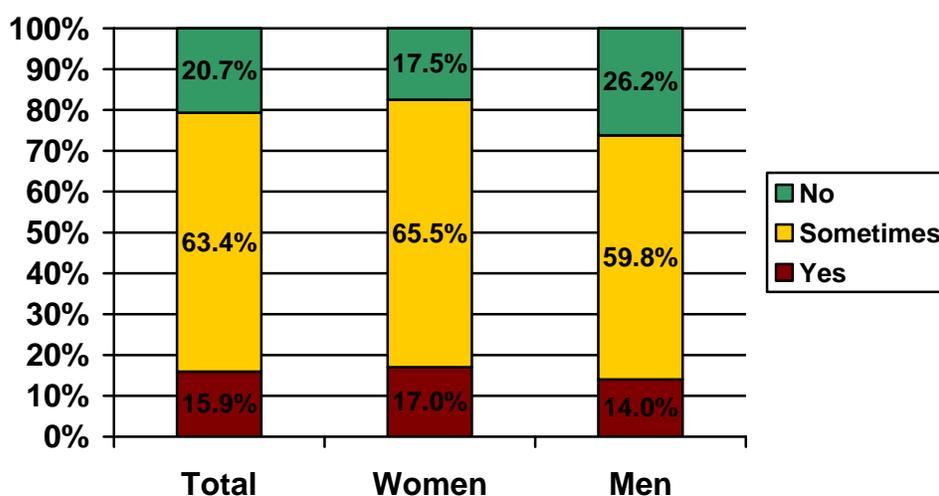
As mentioned previously, survey respondents were asked which temptation had the most impact on their lives. Two additional questions further explored this impact. The first asked how many days they spent/spend thinking about it. Responses to this question ranged widely from none to more than 900 days (i.e. about three years). On average, Christ followers spent just under a year (mean = 321 days) thinking about the temptation that had the most impact on

their lives. Men’s thoughts dwelled on it significantly more days than women’s, with means of 342 days and 310 days, respectively.

When asked whether they yielded to the temptation or not, the majority of believers indicated that they had, at least some of the time. As shown in Figure 6, 15.9% responded “yes” to the question about giving in to temptation and two-thirds (63.4%) answered “sometimes ‘yes’, sometimes ‘no’”.

Again we find statistically significant differences between men and women. Men were more likely than women to indicate that they did not yield to temptation. It is very likely that yielding is related to the type of temptation (e.g., sex vs. gossiping) and so the differences observed in Figure 6 may result from the different types of temptation men and women face, rather than any fundamental difference in ability to resist enticement.

Figure 6. Did You Yield to Temptation?



Even if a Christ-follower does not yield to temptation, just the fact that they were tempted can have an impact. This is especially true for those who believe that thinking about temptation is as bad as committing it. One out of two (48.8%) survey participants said that they did believe that thinking about temptation is as bad as committing it. An additional one-tenth (9.6%) responded that they weren’t sure.

How Do Believers Resist Temptation?

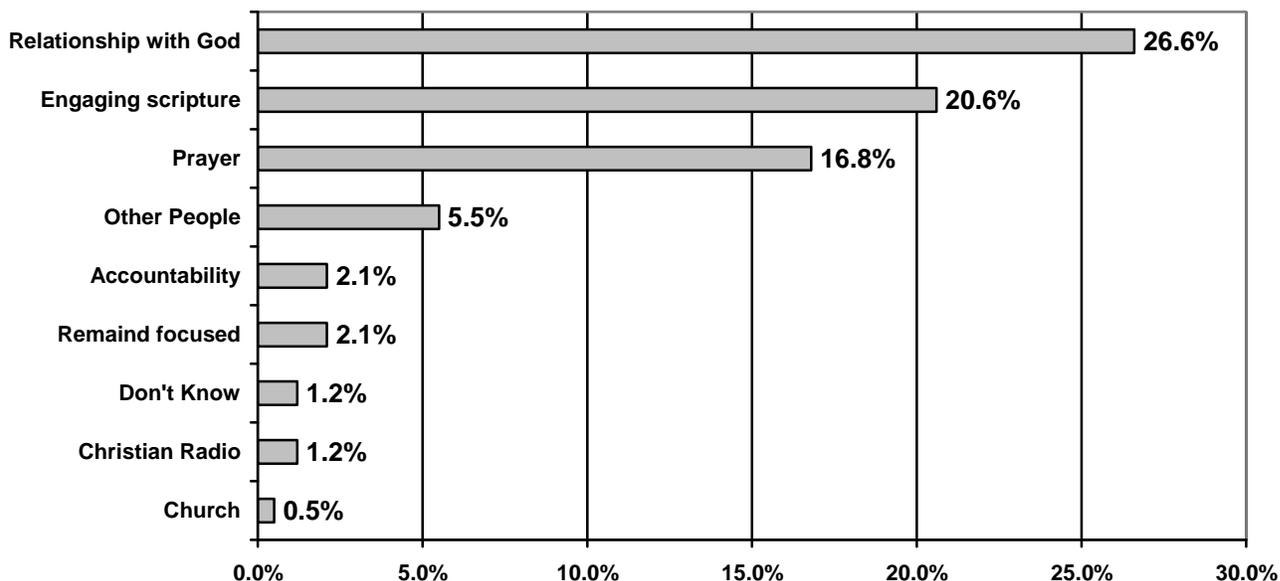
The data thus far have confirmed in many ways what Paul had already told us: Temptation is a fact of life for Christ-followers. However, we also know that through Christ we can resist temptation:

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. 1Corinthians 10:13 (NIV)

What do Christ-followers indicate helped them resist temptation yesterday? Figure 7 shows that, not surprisingly, most of their answers were spiritually-based. A little more than one-fourth (26.6%) responded that their relationship with God helped them to resist temptation. Similarly, one out of five engaged in God's word and almost the same proportion utilized prayer. In total, roughly two-thirds of respondents indicated at least one of these three: their relationship with God, engaging with God's word, and prayer.

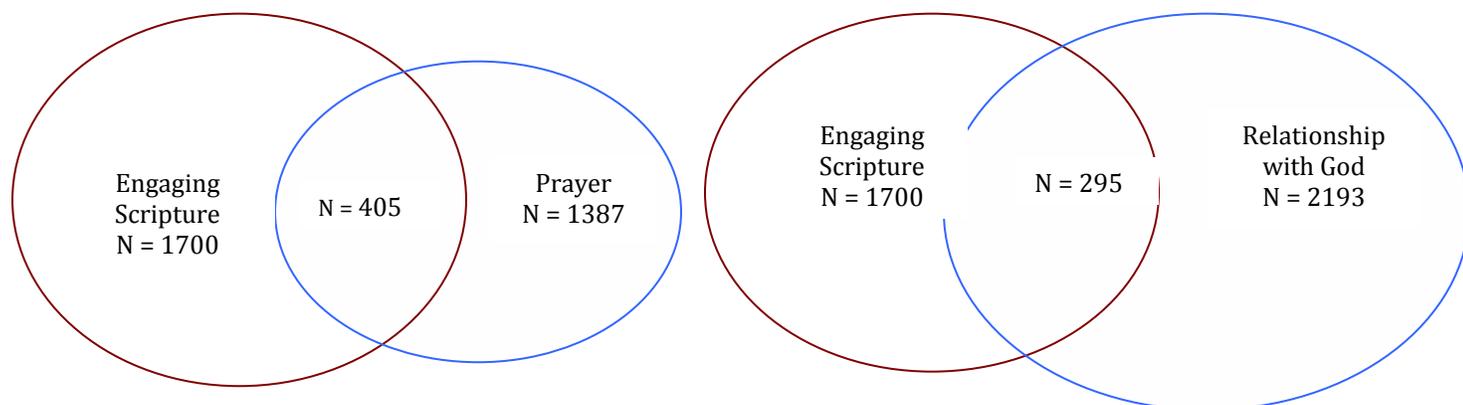
Also noteworthy is the fact that many of the strategies emphasized in local churches were named only infrequently in terms of helping believers resist temptation. Very few respondents said that other people (5.5%), some type of accountability relationship (2.1%) or church (0.5%) helped them to stand firm against temptation.

Figure 7. How Did You Resist Temptation Yesterday?



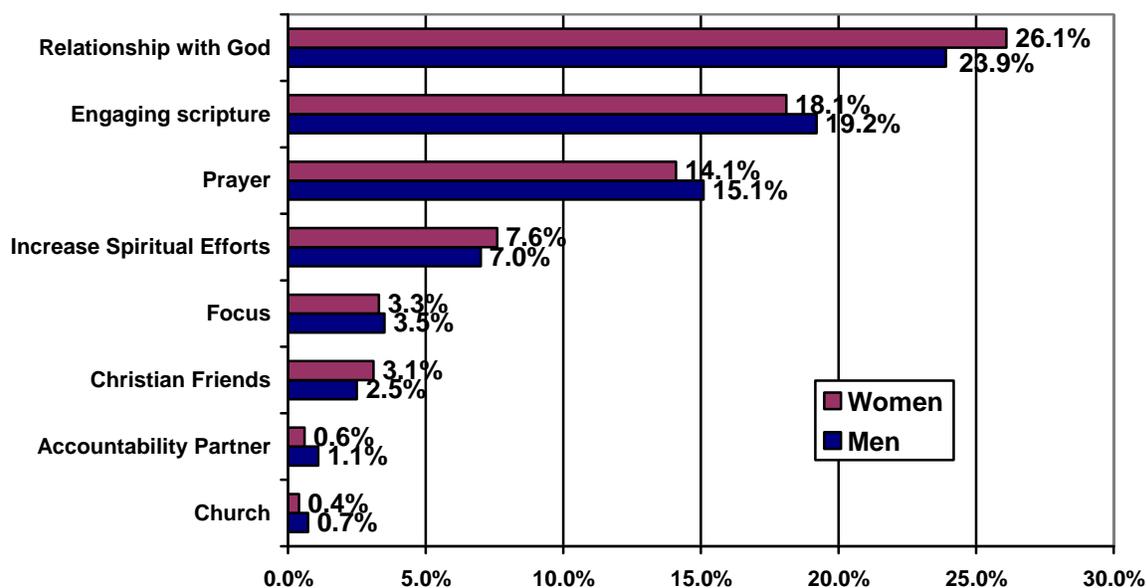
In the survey, participants could give multiple responses to the question about how they resist temptation. There was, of course, some overlap among responses. The amount of overlap, however, was fairly small. For example, Figure 8 shows the number of respondents naming each of the top three ways of resisting temptation. Among the 1,700 who wrote about engaging in scripture, one quarter (23.8%, $n = 405$) also mentioned prayer. Similarly, almost one-fifth (17.4%) also indicated that their relationship with God helped them to resist temptation.

Figure 8. Overlap among Ways of Resisting Temptation.



The importance of a relationship with God, engaging scripture and prayer were also emphasized by respondents when indicating what would help them resist temptation today. Despite differences in what tempts them, women and men were remarkably the same in what would help them: about one-fourth indicated their relationship with God, one-fifth said engaging scripture, and about 15% named prayer. As illustrated in Figure 9, Christian friends, an accountability partner, and church were named infrequently as aids for overcoming temptation.

Figure 9. What Would Help You Resist Temptation Today?



It is interesting to note that the majority of Christ-followers completing the survey had discussed their temptation with someone, although Christian friends or an accountability partner were named infrequently as resources for helping to resist temptation. Three out of four respondents had shared their temptation with another person. Women (77.4%) were significantly more likely than men (70.8%) to discuss temptation with someone.

The fact that the majority of believers had shared their temptations does not necessarily indicate that they are involved in a regular accountability relationship. Almost two-thirds (62.1%) of respondents answered “no” when asked if anyone had held them accountable for their thoughts in the past seven days. Women (33.9%) were significantly more likely to report having been held accountable than men (31.9%).

How Does Temptation Affect Scripture Engagement?

The previous analyses show that many Christ followers see engaging in scripture as the best means for resisting temptation. For some, however, the tendency is to run away from God and His word in times of struggle. These quotes from survey respondents illustrate this effect:

Yes, when I indulge in sinful thoughts, my ability to stay with reading the Bible diminishes. I see that correlation now. I wish I could have seen it earlier.

Temptation absolutely affects my interaction with God and how often I read the Bible! I can tell you, the last thing in the world I feel like doing after I have failed to resist temptation is to read the Bible with a guilty conscience, even if I have asked for forgiveness. Reading the Bible while I feel guilty makes me feel like a charlatan and like I'm just using God. I get exhausted just thinking about how much work needs to be done before I become a better Christian.

It sometimes makes me feel like a failure and that reading the bible is a waste of time because I just keep failing.

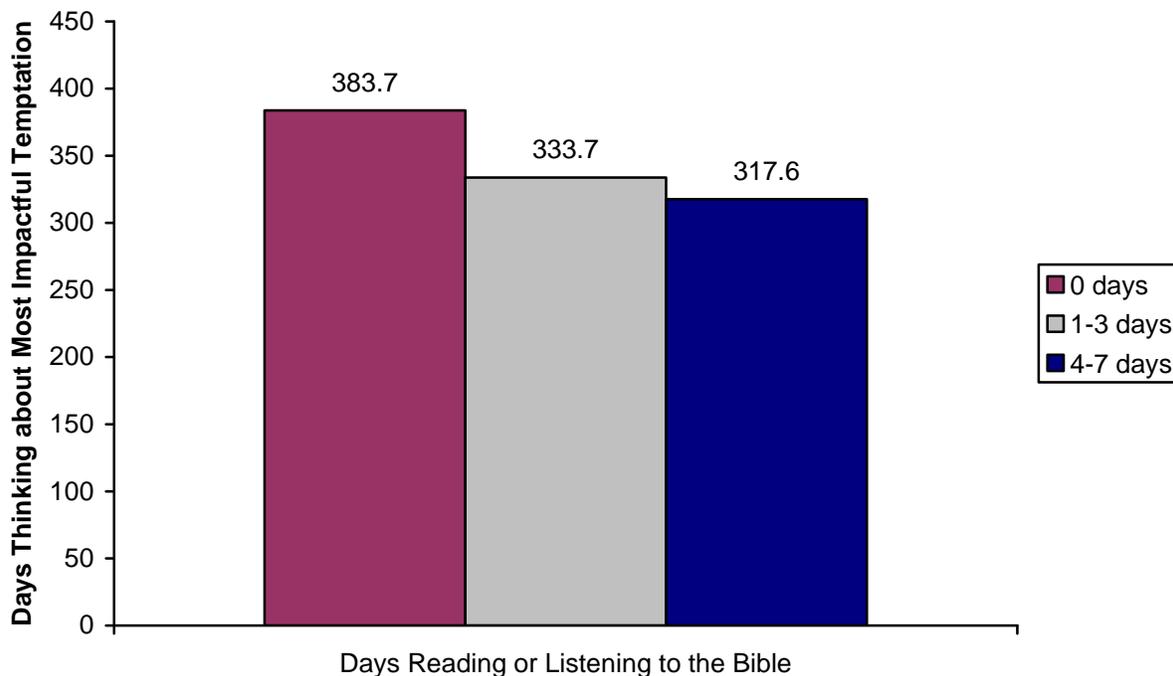
When we explored the relationship between the number of days engaged in scripture and the amount of temptation, we found that those who read or listened to the Bible at least four days a week reported being tempted to do wrong more times in the previous day (mean = 12.2) than those who were engaged in scripture one to three days (mean = 11.9) or not at all (mean = 10.4). The differences, however, are not statistically significant. One possible explanation for the counterintuitive direction of this trend is that those who are actively involved in God's Word may be more sensitive to temptation. In other words, they may be more likely to perceive, remember, and report possible temptations because the standards of a holy and righteous God are at the forefront of their minds.

The relationship between the number of days engaged in scripture and how many minutes respondents felt tempted in the previous day was also not statistically significant. The trend, however, was in the expected direction with those who did not read or listen to the Bible at all reporting that they

were felt tempted for an average of 46.5 minutes. The mean number of minutes tempted was lower for those who read or listened to the Bible for one to three days (mean = 38.7) and lowest for those engaged at least four days a week (mean = 35.8).

In terms of the longer term impacts of temptation, Figure 10 shows that more scripture engagement is significantly associated with fewer days spent thinking about temptation. Christ-followers who read or listened to the Bible at least four days a week spent an average of 318 days thinking about the temptation that has had the most impact on their lives. Those who were not engaged in scripture at all reported thinking about that temptation for an average of 384 days, or about two months longer. The nature of the questions does not allow us to determine the direction of the relationship between scriptural engagement and time spent thinking about temptation. Answers to the open-ended question about scriptural engagement strongly suggest that the relationship is, in fact, reciprocal.

Figure 10. Days Spent Thinking about Most Impactful Temptation and Scriptural Engagement.



Preparing to Win the Day Tomorrow

With temptation all around, are there strategies for Christ-followers to practice today so that they can win the day tomorrow? The mature believers who participated in the Scriptural Engagement Survey indicate there are. When asked if “Winning the day over temptation today will be the first step toward winning the day tomorrow”, the vast majority (92.1%) agreed.

Survey responders tell us that their relationship with God, scriptural engagement, and prayer are their best defenses for resisting temptation. Christ-followers use these words to describe their best ways of resisting temptation:

The first step in winning the day tomorrow is spending time with HIM before the day starts. If I failed today, I can repent, turn from my error/sin and turn to HIM. Tomorrow is a new day and HIS mercy is fresh and new every morning. Yesterday's failures are forgotten by HIM, if I've asked forgiveness. Getting my flesh out of bed and on its knees, yoking up with CHRIST, putting the Full Armor on (most of which deals with flesh), renewing my mind with HIS WORD, spending sufficient time in prayer and being still knowing that HE is

As St. Paul said.. I boast in the Lord for in weakness, He is my strength". Everytime thoughts of temptation enters my mind, I say a short prayer to praise the Lord. If one practices this virtue, one will praise the Lord at least a dozen times a day, whether it is on the train, school, work place etc. _ temptation thoughts are not sinful but dwelling on them are sinful. Jesus said "If you look at a woman with lust, you have committed adultery against her in your heart". That is right, we are sinners; that is why Jesus gave himself as our Lord and Savior. _ Personal relationship with the Lord; know his nature... the Way, Truth and Life. _ Avoid the near occasion of sins!!

AS GOOFY AS IT SOUND WHEN I DIE I WANT TO HEAR "WELL DONE MY GOOD AND FAITHFUL SON". I THINK OF THIS AND HOW SAD GOD MUST BE WHEN I SIN.

You are not guilty of sin because you are tempted. You are guilty when you dwell on it or act on it. Best way to resist is to change thinking to something else, especially to God and Jesus.

When asked “what currently helps you win the day spiritually?”, Christ-followers named reading the Bible as number one. One-quarter (25.3%) of respondents indicated scriptural engagement helped them win the day spiritually and an additional 23.3% stated prayer. Relationship with God rounded out the top three strategies, accounting for 15.0% of the responses.

Responses to the open-ended question about how Back to the Bible can help people win the day spiritually indicate that many Christ-followers desire help that is given in a personal, non-judgmental, confidential, and easily accessible format:

It is difficult to talk to people you know at church about specific problems (especially for pastors). Perhaps having a forum where christians could get int touch with other christians online for accountability purposes. This could be done through email/chats/etc.

I don't know - I think that i need more personal attention - someone actually speaking to me about it, rather than some kind of email communication. I love emails, but i'm not sure they would help me in this struggle.

I am searching for some really good, in-depth Bible studies to which I can apply myself, preferably online as that is so accessible. I prefer the interactive kind that cause me to think and really evaluate myself before God.

It's a great question. There are loads of email lists etc that really don't help. If there was a way interact with others via a structured online study with a guidebook and a non-public forum, that would help. I don't know. The radio show really helps but I have to leave it behind when I leave the car and that's when 'out of sight out of mind" kicks in for me.

The walls of the hole I've dug are too wide for me to reach opposite sides simultaneously. I need someone with me to reach the other side for me so we can climb together, send down a rope from the surface and pull me up or perhaps to take the log from my eyes so I can see the remedy clearly.

Bible studies are helpful. Maybe a way to ask questions and receive answers to questions in scripture. Perhaps an online accountability partnering

thing. For people who would like to be kept accountable, help keep other accountable, seek prayer, etc.

It would be great to have a Christian friend to talk to, someone who I wouldn't think was being bothered or burdened talking to me. I've paid for Counseling in the past, but don't have insurance to see the Counselor anymore. I have thought about the things her and I talked about in order to stay on track.

I'm not sure. By encouraging to seek godly counsel find loving accountability set daily goals and pre planned responses as well as someone to call when tempted.

Christ-followers also mentioned the importance of the Bible teaching they receive through Back to the Bible and offered for suggestions for how that could be enhanced:

By continuing your ministry on the radio. Your teaching has helped me tremendously in understanding scripture, and applying it to my daily life. I pray for you, and thank our Father for your love for Him, and for your ministry to continue to touch others and draw God closer to each listener. Thank you for being an obedient servant to our Lord.

JUST CONTINUE TO HAVE THE WONDERFUL BIBLE STUDIES THAT YOU HAVE. A LOT OF MESSAGES WE HEAR NOWADAYS ARE JUST TOPICAL AND SO IT IS WONDERFUL TO HEAR MESSAGES THAT TAKE THE BIBLE AND GO LINE BY LINE THROUGH THE WORD MAKING IT SO REAL AND UNDERSTANDABLE

Proclaim the great doctrines that explain temptation and how to overcome it. Be practical in explaining what winning the day spiritually looks like. Proclaim and have available resources to further help those in their area of struggle. Provide essential steps that people must take in dealing with temptation and or being accountable/keeping others accountable.

Keep on doing what you are doing and what about sharing a "power verse" at the end of your journey through the Bible each day that deals specifically with a temptation (a different one each day), and how that scripture can be used in a personal manner that ignites the flame within us that defeats our

fears and short-comings?

Offering real life stories of people who have struggled with temptations and overcome it and how they were able to do so while mixing in all of the other worldly and daily distractions.

Conclusions

Through the Scriptural Engagement Survey, Christ-followers told us in their own words about the spiritual struggles they face each day. Although the majority is mature believers who are engaged in Scripture and prayer, they still struggled with destructive behaviors such as pornography, gambling, and violent thoughts. Moreover, virtually all faced temptations every day. For women, the type of temptation varied from gossip to overeating to negative attitudes towards their husbands. For men, sexual temptation was a common theme, identified as an issue by almost two-fifths of male believers.

What do survey results suggest is needed to help believers win the day spiritually? Survey responders themselves say that their relationship with God, reading scripture, and prayer help them to resist temptation. For an unknown number, however, feelings of guilt associated with temptation prompts them to run away from God, instead of running towards Him.

The findings suggest that to win the day spiritually believers must be engaged in God's word each day. They could also benefit from specific methods for identifying and dealing with the specific temptations in their lives. In their own words, Christ-followers indicate a desire for help that is given in a personal, non-judgmental, confidential, and easily accessible format. One possibility to meet this need would be an on-line forum where Christians can connect with other believers to deal honestly with their temptations, to hold each other accountable, and to encourage each other to keep running towards Christ and not away from him.

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