

1.0 STRAND: CREATION

Young people face various temptations in life. There are values and skills that young people need today to overcome temptation.

Moral values that can assist the youth to overcome sin and temptation

1. Patience - It helps a person to wait on God and avoid rushing into sinful decisions when under pressure.
2. Contentment - It keeps one from coveting what others have, which reduces temptation to steal, lie or be corrupt.
3. Forgiveness - It prevents bitterness and revenge, which often lead to sinful actions against others.
4. Obedience - It makes a person follow God's commands and Scripture instead of yielding to worldly desires.
5. Love - It enables one to care for others and avoid sinful acts such as hatred, gossip or violence.
6. Gratitude - It shifts focus from what is lacking to what God has provided, reducing envy and greed.

Skills that can assist Christians to overcome sin and temptation

1. Self-esteem - It helps a person value themselves and avoid behaviour that lowers their dignity just to fit in.
2. Empathy - It enables one to consider how sinful actions hurt others which discourages wrongdoing.
3. Time management - It keeps one busy with positive activities so they have no time to idle.
4. Goal setting - It keeps a person focused on their future, so they avoid short-term sins that ruin their plans.
5. Resilience - It helps one bounce back after failure instead of giving up and falling deeper into sin.
6. Conflict resolution - It teaches peaceful ways of handling disagreements instead of using violence or revenge.
7. Discipline - It builds good habits such as prayer, Bible reading and avoiding bad company that can lead to temptation.
8. Integrity - It helps a person to do what is right even when no one is watching so they do not fall into secret sin.