

A WORD WITH YOU - By Ron Hutchcraft

10276 – “Fighting Temptation Before it Hits”

Daniel 1:8

June 1, 2026

It seems like I've been on a diet since I was about six months old, or at least it seems that way. My “thorn in my flesh” could be my metabolism. Is that possible? It refuses to convert calories; it loves to store calories instead. Now, over the years, I've made friends with my metabolism, and thankfully I was able to knock off a good amount of that. I've learned how much intake I can stand in relation to how much I'll be doing that day. The problem is that the day is filled with caloric choices, whether it's a nibble on those snacks that somebody brought to the office, or getting a sandwich from the deli like everybody else is, or eating that tempting dinner that someone has prepared.

I've learned a fundamental principle of how to control your weight. You have to decide in advance what you're going to do. You choose your lunch fare before your appetite or your opportunity chooses for you. I have to decide in the morning what I'm going to do about lunch. And you decide early in the day that perhaps you're not going to eat dinner or you're going to figure out a very low-calorie dinner. In fact, pre-choosing? That's actually the way to control of any part of your life.

I'm Ron Hutchcraft and I want to have **A WORD WITH YOU** today about **“Fighting Temptation Before it Hits.”**

Our word for today from the Word of God comes from Daniel chapter 1 and verse 8. Daniel is actually a captive in another country; he is in Babylon. The Jews have been carried away to captivity there. He's been identified as kind of a leadership prospect, and he and some of his friends are kind of in the leadership academy there, and he's being asked to eat food that is forbidden to him by his Jewish faith. He says he won't do it.

The Bible puts it this way, “Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself in this way.” He goes ahead and eats a diet that is consistent with his convictions and he ends up stronger than any of those who ate the prescribed diet.

Notice here his resolution came before – ahead of time – that he was not going to eat it. Then he took action to support that choice. He had already resolved what he would not eat. See, most of us don't do that; we make situational choices. Right in the middle of it we'll say, “I'll see how I feel. I'll see how it's going. I'll see which way the wind's blowing. I'll see how it goes. I'll see what the circumstances are.” Well, that's a good way to get blown away spiritually by temptation.

Remember this, the key to no-regrets choices is deciding in advance. I guess Sampson had never really made up his mind how far he would go. And with Delilah he lost his leadership and he lost his life. But Daniel, in contrast, knew where his line was and became one of God's great leaders. He had decided in advance.

Now, if you're facing a situation where you'll be tempted to give away what you'll later wish you hadn't, decide in advance how you're going to handle it. That's nowhere more crucial than in keeping sex pure and special. You set your line sometime when you're alone with your Lord, and then you don't violate that boundary. You don't let your glands decide. Your glands make lousy choices.

Maybe you're in a situation where you're going to be tempted to tell something less than the truth. Well, you've got to decide now to tell the truth and what truth you'll tell. It might be a situation where you're going to be offered a chance to sin possibly. Would you decide now how you're going to answer? We live in a world where 99% of the pressure is to not do it God's way. If you wait and see how it's going to go, I know how it's going to go – so do you. You'll make a wrong choice.

No, you see, like a dieter, you have to know now what you're going to do then. Remember, the key to no-regrets choices is deciding in advance.

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