

= Fighting Temptation =

" Fighting Temptation " is a song recorded by American R & B singer Beyoncé and American female rappers Missy Elliott , MC Lyte , and Free in 2003 . The song was used to promote the film The Fighting Temptations (2003) , in which Beyoncé stars . It was composed by the Beyoncé , Missy Elliott , Lana Moorer , Marie Wright , Jonathan Burks , LaShaun Owens , Karriem Mack , and Walter Murphy . " Fighting Temptations " was released as the lead single from the soundtrack album of the movie on July 5 , 2003 through Columbia Records .

An R & B @-@ funk song , " Fighting Temptation " samples Uncle Louie 's " I Like Funky Music " (1979) . Lyrically , the song makes reference to fighting against negativity in life as well as waiting for the right person before falling in love . Music critics generally received the song with positive reception . They complimented the theme of the song , the vocals of Beyoncé , and the verse @-@ raps . " Fighting Temptation " received attention mainly in European countries , peaking at number eleven in the Netherlands and reaching the top fifty in Belgium as well as Switzerland . The accompanying music video for the song was directed by Antti Jokinen .

= = Context = =

The song is basically about a group of women 's strict " no sex " rule similar to a part of the film 's plot where Lilly (played by Beyoncé) does not want to start a sexual relationship with her boyfriend Darrin played by (Cuba Gooding Jr .) right away . However , in the film she assures him that they might start one in the near future but in the song , the women do not specify when they will be ready .

Darrin , a shallow New York advertising executive , traveled to a small town in the deep south upon receiving word that his aunt has died and left him a sizable inheritance . Once in town , Darrin is informed that he will only receive the money if he successfully leads a local gospel group to victory at an upcoming competition . Reluctant but strapped for cash , Darrin takes on the task of finding the best singers in town and shaping the group up . Along the way , he becomes acclimated to the town with the help of his cousin Lucius (played by Mike Epps) and meets Lilly , a single mother who not only possesses an incredible voice but also the ability to warm Darrin 's cold heart .

Although Gooding 's character , Darrin , was in love with Beyoncé 's character , Lilly , the latter did not always feel the same until later on in the film . Near the end of the film , he proposes to her and she accepts . They eventually get married (offscreen) and within eighteen months they had a baby son together , making Darrin a father and also stepfather to Lilly 's other son .

= = Conception = =

" Fighting Temptation " appeared on the soundtrack album of The Fighting Temptations as well as in the movie . As a whole , seven tracks featured the vocals of Beyoncé . The latter has a starring role in the film , along with a choir made up of gospel , R & B and hip @-@ hop recording artists . Faith Evans , Angie Stone , Melba Moore , Rev. Shirley Caesar , The O 'Jays , Montell Jordan , T @-@ Bone , and Zane are all seen on the film and perform on the soundtrack . " Fighting Temptations " features additional vocals from American female rappers Missy Elliott , MC Lyte , and Free .

= = = Composition = = =

The soundtrack single was written by Beyoncé , Missy Elliott , Lana Moorer , Marie Wright , Jonathan Burks , LaShaun Owens , Karriem Mack , Walter Murphy , and Gene Pistilli . Production was handled by Elliott . " Fighting Temptation is an R & B @-@ funk song with a fun vibe . The song samples Uncle Louie 's 1979 song " I Like Funky Music " . Heather Phares of Allmusic wrote that the song 's lyrics make reference to a " celebration of ladies ' night out and waiting for true love . " According to Dani Boobyer of the United Kingdom @-@ based website , The Situation , " Fighting

Temptation " has " a well worn message about striving for the best and fighting against negativity . " Ed Gonzalez of Slant Magazine found that Missy notices pleasure and joy in sins that make people go to church on Sundays , but in reality , the " party people " are no different from the churchgoers , who sin in their song and music . Lastly , the song 's strong female presence is only less that the song 's religious arrogance .

= = Release = =

During a string of soundtrack releases , Beyoncé commented on the song with Billboard stating , " A lot of music was written especially for the film . At first I was concerned about the timing of the soundtrack , [because] my solo album was supposed to come out way before the movie . But then the solo album got delayed . " While later announcing the release of the soundtrack album in a press release , Beyoncé said :

Once you hear the song ' Fighting Temptation ' , and all the music in this film , you can 't help but fall in love with it . You 'll definitely get emotional . You might become happy or even sad , but your heart will get full . All the songs are touching and spiritual , and that 's what the movie itself is like .

" Fighting Temptations " serviced as a CD single in Germany on July 5 , 2003 . It was sent to urban radio for airplay in the United States on August 18 , 2003 .

= = = Critical reception = = =

Heather Phares of Allmusic wrote : " [...] the seven tracks that feature Beyoncé on her own or with other collaborators are more striking : in particular , the movie 's title track , a surprisingly fun and funky celebration . " Dani Boobyer of The Situation (UK) , commented that the soundtrack album " jumpstarts with the explosive ' Fighting Temptation ' [...] setting R & B princess Beyoncé 's sweet vocals against the hard sounds of Missy and MC Lyte 's raps . " Ed Gonzalez of Slant Magazine wrote that Beyoncé , MC Lyte and Free are not fighting temptations like the song 's title says , but are looking for them .

= = = Chart performance = = =

" Fighting Temptation " charted in mainland Europe in early 2004 . In the Netherlands it debuted at number twenty on the Dutch Top 40 in January 2004 . The following week , it ascended to number thirteen , which became its peak position . " Fighting Temptations " reached a high point of number thirty @-@ seven on its sixth week on the Belgian Singles Chart (Flanders) . It charted for a total of seven consecutive weeks until mid @-@ April 2004 . On August 29 , 2004 , the single debuted and peaked at number forty @-@ two on the Swiss Singles Chart .

= = Music video = =

The accompanying music video for the song was directed by Antti Jokinen and it features Beyoncé , Elliott , MC Lyte and Free . It was shot in an abandoned mansion nearby Los Angeles by the end of June 2003 . Performance footage was seamlessly melded with clips from the movie . On the set , Beyoncé expressed herself :

" Basically , it 's kind of like a ladies ' night ' cause it 's all us females and the song is about basically all these temptations you have with this guy and you 're kind of fighting it . The house came from the movie because it kind of reminds me a lot of the house that we filmed in for the movie . "

= = = Synopsis = = =

The video begins with Beyoncé in a red dress moving across a screen of multiple changing colors and then moves to multiple shots of Elliott rapping in a white and red jersey and matching hat , Lyte in a blue dress , and a church choir group . Next , Elliott is shown on roller skates in a white and

black outfit rollerskating throughout the mansion . Shots are shown of Elliott in bed with a man and Beyoncé at a party with a guy and singing to the people there . As the song moves to Beyoncé singing the chorus , she is shown sitting on a bed and dancing in a room in a golden top and black shorts , while back at the party , she is singing for her lover and blowing him kisses . The song then moves to a verse by Mc Lyte and we see her dancing in the middle of a semi @-@ circle of men wearing orange prison jumpsuits . Scenes of the movie and of Mc Lyte in front of an ever @-@ changing background are intercut throughout this .

Beyoncé then sings the chorus again and dances in her red dress in front of the background . Mc Lyte and Free are seen at a backyard barbecue party as Mc Lyte 's verse begins and she mingles with the party guests , with Elliott as the party DJ . Again , Beyoncé comes back to sing the chorus of the song , now at the barbecue party , with scenes of her dancing in a room of the mansion and scenes from the movie in which she is singing on a stage in front of a large audience with a group of people behind her . With the end of the final chorus , the song moves back to Elliott and Lyte , with the former on her rollerskates as in the beginning and the latter in front of the semi @-@ circle of men . The video ends with the four of them sitting at a picnic table at the barbecue party as two small girls clap hands on the opposite bench .

= = Track listing = =

European CD Single

" Fighting Temptation " ? 3 : 51

" I Know " ? 3 : 42

= = Charts = =