Simple Definition of resist

: to fight against (something) : to try to stop or prevent (something)
: to remain strong against the force or effect of (something) : to not be affected or harmed by (something)
: to prevent yourself from doing something that you want to do

Source: Merriam-Webster's Learner's Dictionary

Examples of resist in a sentence

He was charged with resisting arrest.
These windows can resist very high winds.
The drug will help your body resist infection.
She couldn’t resist telling us what she’d heard.
He was able to resist the urge to tell her his secret.
It was hard resisting the temptation to open the box.
The offer was hard to resist.
I know I shouldn’t have any more cake, but I can’t resist.

Full Definition of resist

intransitive verb
: to exert force in opposition

transitive verb
1 : to exert oneself so as to counteract or defeat <he resisted temptation>
2 : to withstand the force or effect of <material that resists heat>