GROUP ICE BREAKER

What is a food item you cannot resist when it’s in front of you?

REVIEW LAST WEEK’S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will give up the right to hurt people back, and wish them well before God.
- I will extend forgiveness to my debtors.
- I will do everything in my power to make sure we live together in grace and forgiveness?

MESSAGE SUMMARY

You have an enemy whose fundamental identity is tempter, and his fundamental weapon is temptation. In 1 Corinthians 10, Paul says, “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.” There are three observations about temptation that flow from this verse.

First, you can expect temptation. The most dangerous temptation you face is the one most likely to subtly lure you away from intimacy with God. Second, God knows just how much you can bear, and he will not allow you to be tempted beyond that. Every temptation is filtered through God. You can have that hope. And third, God will provide a way out so that you can stand up under it. God will make a way.

There are three actions to take to find a way out of temptation. The first is the joy of the Lord is your strength. Experiencing God-honoring joy may be the single greatest weapon against temptation. What do you need to do to increase the joy factor in your life? The second is to develop relationships of accountability. If you think you can handle temptation on your own, you’re deceiving yourself. Who in your life knows what your temptation is? Third, you need to immerse your mind in Scripture. There are over 7,000 promises in the Bible. The most helpful discipline you can develop is learning to memorize Scripture.

It doesn’t matter how hard the struggle is and it doesn’t matter how many times you’ve fallen before, you can get back up. God will help you and it’s worth the struggle.
DISCUSSION QUESTIONS

1. How would you define temptation? How do you know when you’re being tempted?

2. Why do we give in to temptations that cause damage and bring destruction into our lives?

3. Why doesn’t God remove or eliminate temptation from our lives? What value does it have in your spiritual growth?

4. Read 1 Corinthians 10:6-13. If you are willing, share a temptation that you often deal with. How can the group support you in overcoming this?

5. Do you have an accountability relationship? If so, how has it impacted your fight against temptation. If not, what has kept you from establishing one?

6. Is there a passage of Scripture that you have leaned on in order to fight temptation? If so, what is it and how has it helped you?

7. What is one step you can take this week to resist a temptation you are facing?
NEXT STEPS FOR THIS WEEK (COMMIT TO GROW)

Use these as a guide to take your next step and commit to what you learned this week:

- I will ruthlessly eliminate hurry from my life.
- I will ask God to help me find those things that fill me with joy.
- I will arrange my life around joy.
- I will pray about finding an accountable relationship.
- I will reveal my temptation to someone I trust.
- I will memorize a verse of Scripture related to my temptation.

SCRIPTURE REFERENCES

- Matthew 6:13
- Genesis 3:6
- Ephesians 6:12-13
- 1 Corinthians 10:6-13
- James 4:7
- Nehemiah 8:10
- Ephesians 5:25-27

SUPPLEMENTAL RESOURCES

- A Deeper Look At the Sermon on the Mount: Living Out the Way of Jesus, John Stott

PRAYER REQUESTS

Take time to share how you can be praying for each other over the next week: