



Session 2: Jesus' Temptation & Your Temptation

CATCHING UP

Did you memorize the verse you selected in session one? Did you find it easy or difficult? Were you able to use the verse for your own or someone else's encouragement during the week?

KEY VERSE

God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. (1 Corinthians 10:13 NLT)

WATCH the video lesson now and take notes (if you wish).

Jesus' Temptation and Your Temptation

It is not a _____ to be tempted.

Jesus has been tempted in every way, just as we are—yet he did not sin.
Hebrews 4:15b NIV

*Because he himself suffered when he was tempted,
he is able to help those who are being tempted.*
Hebrews 2:18 NIV

You will never _____ temptation.

Temptation is not a sign of weakness. It is a sign that you are a threat to the Devil.

After a spiritual _____,
you can expect a spiritual _____.

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.

Luke 4:1-2a NIV

Temptation isn't always about your _____.
Many times, temptation is about _____.

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

1 Corinthians 10:13 NLT

Seven Steps to Escape Temptation

Step #1: Get into the _____.

Make a commitment to spend at least ten minutes a day reading your Bible. Ask a friend to hold you accountable or to partner with you in your daily devotions.

You cannot say, "It is written," if you don't know what is written.

I have hidden your word in my heart so that I might not sin against you.

Psalms 119:11 NIV

Step #2: Identify your _____.

Make an honest self-assessment of your vulnerabilities. Don't be afraid of this process. Remember, when you know the truth, "the truth will set you free." (John 8:32 NIV)

Watch and pray so that you will not fall into temptation.

The spirit is willing, but the flesh is weak.

Matthew 26:41 NIV

_____ am I most tempted?

_____ am I most tempted?

Who is _____ when I'm most tempted?

How do I _____ before I'm tempted?

Step #3: _____ what you're _____ going to do.

Plan what you will do to avoid people, places, and circumstances that trigger your vulnerabilities. Stick to your plan.

*Plan carefully what you do...Avoid evil and walk straight ahead.
Don't go one step off the right way.
Proverbs 4:26-27 TEV*

Plan in advance to stay away from people, places, or circumstances that cause you to be vulnerable to temptation. If you don't want to get stung, stay away from the bees. Plan what you're not going to do, and then stick to your plan.

Step #4: Guard your _____.

Your eyes and ears are the gateways to your heart. What can you do to "guard your heart" (Proverbs 4:23 NIV)?

Temptation is an inside job.

*Temptation comes from our own desires,
which entice us and drag us away.
James 1:14 NLT*

*Above all else, guard your heart, for it affects everything you do.
Proverbs 4:23 NLT*

Step #5: Pray for _____.

Begin your day with a prayer for deliverance. As Jesus taught us to pray, "Lead us not into temptation, but deliver us from evil" (Matthew 6:13 NIV). Ask God to help you and give you strength.

Re-Read 1 Corinthians 10:13 NLT

Step #6: Refocus your _____.

Begin now to think of a “go-to place” that you can refocus your attention on whenever you are tempted: an activity, a hobby, a project, etc.

Whatever gets your attention gets you. The battle for sin always starts in your mind. The only way to win that battle and escape temptation is to change your focus and think about something else.

Step #7: Find a _____.

Who do you know that can be trusted? To find this kind of friend, you need to be this kind of friend.

Two are better than one because together they can work more effectively. If one of them falls down, the other can help his friend get up. But how tragic it is for the one who is all alone when he falls.

There is no one to help him get up.

Ecclesiastes 4:9-10 TEV/GW

If we had more people in our lives to whom we could confess our temptations, we would have less need to confess our sins.

Discovery Questions

1. How do you feel about yourself when you are tempted?
2. How does God feel about you when you are tempted?
3. How can temptation draw you closer to God instead of farther from God?
4. Jesus' only defense when he was tempted was the Word of God. Which verse from this session will you memorize this week?

Next Steps

- Spend some time applying the Seven Steps to Escape Temptation.
- Pray for your group's prayer requests.
- Dive Deeper. Read these passages about Jesus' temptation: Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13.