

LIFE GROUP FALL

WEEK 9-

From Paper to Practice_ Defeating Temptation



Big Idea: To effectively fight temptation we must set our minds on the right things, share our struggles with others, resist the Devil, and NOT think "I'm not capable of great evil."

- 1. In scripture we are never told to resist a temptation. We are told to flee them (2 Tim 2:22). Fleeing can physically mean leaving a tempting situation, but often it means to flee the thought and refocus on something positive. Share a time that "fleeing" helped you overcome a temptation in your life.*
- 2. James 5:16 says, "Confess your sins to each other and pray for each other so that you will be healed." Notice that in order to experience healing we must let our guard down and be vulnerable. Being vulnerable is uncomfortable, but so is living in "sickness". In your opinion which is worse 1) the discomfort of being vulnerable or 2) the perpetual state of soul "sickness" (guilt, shame, deception)? Explain.*
- 3. James 4:6-7 says "God opposes the proud but gives grace to the humble." Explain how humility helps us overcome our temptations? What happens if we are not humble?*
- 4. Resisting the Devil requires two things: 1) You must be saved through Christ and 2) You must know how to use the word of God. How does salvation through Christ empower us to resist the Devil? How does the correct use of the Bible help us resist the Devil?*
- 5. One aspect to defeating temptation is knowing that we are capable of doing great wrong. Paul wrote, "So, if you think*

you are standing firm, be careful that you do not fall.” What circumstances influence people to feel as though they are “standing firm”? What specific steps can we take to avoid this type of pride?

Prayer Time: Spend a moment asking the Lord to reveal a person whom you can trust to open up about your most difficult temptations. Then pray for the courage to approach them so that you can share with them your struggles.