

SON OF GOD: THE LIFE OF JESUS IN YOU LIFE GROUP LESSON 2

JESUS' TEMPTATION AND YOUR TEMPTATION

Key Verse

God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it. (I Corinthians 10:13, NLT)

Watch the video lesson now and take notes on your outline.

JESUS' TEMPTATION AND YOUR TEMPTATION

I.Observations:

A.It is not a _____ to be tempted

"Jesus has been tempted in every way, just as we are-yet without sin. (Hebrews 4:15 NIV)

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

B.You will never _____ temptation.

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

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

"Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. (Luke 4:1-2, NIV)

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

"The temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give into it. (I Corinthians 10:13, NLT)

II.Seven steps to escape temptation

A.Step one: Get into the _____

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." (Psalm 119:11, NIV)

B.Step two: Identify your _____

"Watch and pray so that you will not fall into temptation. The spirit is willing but the body is weak." (Matthew 26:41, NIV). Key questions:

1. _____ am I most tempted?

2. _____ am I most tempted?

3.Who is _____ when I'm most tempted?

4.How do I _____ before I'm tempted?

C.Step three: _____ what you're _____ going to do.

“Plan carefully what to 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 going to do, and then stick to your plan.

D.Step four: Guard your _____ . Temptation is an inside job.

“Temptation comes from your 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)

E.Step five: Pray for _____

“God is faithful. He will keep the temptation from becoming so strong that you can’t stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.” (I Corinthians 10:13, NLT)

F.Step six: Refocus your _____ .

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

G.Step seven: Find a _____ .

“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 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? Be prepared to recite it in your next session.

PUTTING IT INTO PRACTICE

- 1.Identify one of the temptations you most often face and ask your group to pray with you about that.
- 2.Share which one of the seven steps you especially felt moved by and will start putting into practice immediately.
- 3.As you reflect on the story in Matthew 4 of Jesus’ temptation what is something that moved you about what Jesus went through.
- 4.As a group encourage everyone to go through the seven steps in prayer this week on their own during their devotions and encourage them to write in their own words their Biblical strategy for overcoming their temptations this week. As a leader of the group offer to share your strategy with the group next week.