

MAIN POINT

We must rely on the power of the Holy Spirit and the truth of God's Word in order to fight temptation.

INTRODUCTION

What kinds of foods do you crave most often?

What are some activities or experiences you enjoy most? How do you determine whether the consequences of those experiences will be positive or negative?

Today we are talking about temptation. Much of the power of temptation comes from its persistence. Temptation does not usually come like a single crashing wave but like the steady pull of an undertow. You don't even realize it has you until you are miles down shore, and it's pulling you out to sea.

DISCUSSION

> **READ JAMES 1:12-18.**

What ideas or images come to mind when you hear the word "temptation"?

What is the goal of temptation? What is the devil trying to get us to do when we are tempted?

What kinds of temptations (food, entertainment, lust, etc.) are you typically better at resisting?

What kinds of temptations do you have more trouble resisting?

Look closely at verses 14-15. Where have you seen such progression illustrated within today's culture?

What emotions do you experience when you read about the "crown of life"?

How would you describe the difference between "testing" and "temptation"? Is it possible to be tempted by something good? Explain.

Read Hebrews 4:15-16. Why is Jesus's temptation a good thing for us?

Why should followers of Jesus work to resist temptation?

Giving into temptation is ultimately caused by poor thinking and judgment. What are some irrational and untrue thoughts that your temptation wants you to believe are true?

Read 1 Corinthians 10:13. What happens when we follow God's plan for resisting?

Is there a person in your life who knows what you are tempted by? Why is being honest about your temptations a good way to fight off those temptations?

APPLICATION

What has helped you successfully resist temptation in the past? What habits can you develop that will further assist in your resisting temptation?