



Part 3: Overcoming Temptation

Some people don't think that temptation is a big deal. We toy with temptation thinking that as long as things don't get "out of control" we're fine. The Bible, however, has a different take on the seriousness of temptation. If we deal with our temptations well, it will keep us from falling into sin so frequently and allow us to live the authentic and full life that Jesus desires we experience.

Bottom Line: Unmonitored desires can be negatively exploited leading to pain, regret and destruction.

Discussion Questions:

1. What food tempts you most? Donuts, cheeseburgers, baked kale, or something else?
2. Have you ever made an impulse buy? What was it that you bought and what tempted you to make the purchase? Describe the outcome of that decision - was there regret, overspending, under fulfillment, or something else?
3. **Read James 1:13-15 and 1 Timothy 6:9-10.** What do you learn about temptation from these passages? What similarities do you see in these passages?
4. Desires for good things are not bad (see 1 Peter 3:10-11). However, we have to continuously monitor our desires or risk falling into sin. What desires do you have that, if left unchecked, could result in sin and therefore the discipline of God?
5. Understanding your core desires can be helpful in resisting temptation. Discuss with the group what your core desires are. Answering the following questions can help to reveal them: What things are most important to you? What do you want most out of life? Where do you spend your time and money? What goals do you have?
6. **Read 1 Corinthians 10:12-13.** What about temptation do you learn from this passage? Think about a recent temptation. Was there a way out? How can you get better at taking the way out? What ways have you found to make sure that temptations do not turn into acts of sin?
7. **Read Romans 12:2; Psalm 119:11; Matthew 6:13.** Get real as a group. What do your prayer and Bible reading habits really look like? What's working for you?
8. **Read 1 Timothy 6:11-12 and 2 Timothy 2:22.** What would applying these verses look like in real life?
9. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
10. How can the group encourage you this week?

*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.