

“How Do I Overcome Temptations?”

Series: What 2 Live 4

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Scripture: James 1:13-15

¹³When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴but each one is tempted when, by his own evil desire, he is dragged away and enticed. ¹⁵Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Note

There are lots of questions today. Choose the ones that will be most beneficial to your group.

Group Session

Opening Questions

We all face temptations... some similar, some different. What are some of the temptations you face that you can share in a group setting?

Discussing the Scripture & Life

1. Read the passage above. What is often at the root of our temptation? (our own evil desire) Can we control our evil desires? Are some things we can do to minimize our evil desire?
2. Read Galatians 5:16-17. What does that passage say about our desires?
3. It is helpful to recognize the real source of the problem. What are some things we blame our sin on?
4. One thing we can do to minimize our temptation is to recognize and avoid the bait. Is it a sin to notice the bait? (no, but discuss this. If we look too long, we sin.)
5. Remember the story of Joseph while he was in Egypt. He ran from temptation, even leaving his coat behind when Potiphar's wife grabbed him. (Gen. 39)
6. The battle is won and lost in the mind. If we have victory there, we will not succumb to the temptation. How can we control our mind?

Notes

Covenant Eyes and Safe Eyes is a good way to eliminate the opportunity. It is a program that sends your internet browsing history to friends who are accountability partners.

7. The four steps on route to sin are desire, deception, design, disobedience. At one point in this process do we have the opportunity to change direction? (It becomes sin when we rationalize in our mind and justify the action.)
8. Sometimes reviewing the results of potential action will help. Have the group brainstorm a list of at least seven things that will result from (pick a sin: overeating, adultery, etc. Be sure to include spiritual components of distancing ourselves from God.)
9. The formula was given: Desire + Opportunity = Temptation. What are some ways we can remove opportunity?
10. We often judge large errors in people's lives, but dismiss little errors in our own lives. Why is it dangerous to justify the little things in our lives?
11. We all know that we reap what we sow. (Gal. 6:7-8) What are some small actions that you see in the lives of others that you think might ultimately lead to sin? (flirting, watching questionable things, being in places that cause temptation.)
12. What you cover up, God in his timing will ultimate uncover. Of course God's eyes always see our actions. Do you believe that? How does that change our actions?
13. We know that God forgives our sin when we ask. (1 John 1:9) Does that give us liberty that we shouldn't take? What is the right perspective on that? (Our love for God leads us to be faithful to Him.)

Closing Challenge

What are some things in your life that might be similar to playing with fire? Is God leading you to give any of those up? (Realize that different people may be subject to different temptations.)