

TO GO

CONNECT:

- What junk food is most tempting for you (donuts, ice cream, a good burger, cheese curds, etc.)?

GROW:

- Is it a sin to be tempted? Why or why not (consider Matthew 4:1-11)?
- Why is it important to differentiate experiencing temptation from committing a sin?
- Read I Corinthians 10:12-13. What are some of the most prevalent sources of temptation in our lives? How do you proactively limit your access to those sources of temptations? What are some areas where you have unintentionally left yourself vulnerable to temptation?
- We identified two limits of temptation in this verse: no temptation is unprecedented **and** no temptation is irresistible. Which of the two is harder for you to accept to be true? What in your life makes that promise hard to believe? According to verse 13, why is it vital to focus on God's faithfulness when temptation feels irresistible?
- Read James 1:13-15. What are some common ways a Christ-follower might try to blame God for their sin? Have you ever felt tempted to blame God for a sinful response or action? What does James identify as the true source of temptation?
- Read Hebrews 4:14-16. Do you often times think of Jesus this way? Why is Jesus' role as our Great High Priest such an encouragement in our battle with temptation? How can we get better at immediately going to the "throne of grace" when feeling tempted?

GO:

- What are some of the common ineffective ways that a Christ-follower may try to battle temptation?
- We discussed three tools that God gives us to overcome temptation: a promise, prayer, and a trustworthy partner. Which of these tools do you find the easiest to use? Which of these tools do you find the hardest to use? What needs to change in your life to rightly implement that tool next time you feel tempted? Can you think of any additional tools that God gives us in Scripture to combat temptation?