

The Life of Christ in You

Jesus' Temptation and Your Temptation - Lesson 2

Recite last week's scripture verse. How did God use your scripture verse this past week?

Key Scripture Verse: 1 Cor 10:13

Lsn 2 Video

1. It is not a _____ to be tempted.

Heb 4:15, 2:18

2. You will never _____ temptation.

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

Luke 4:1-2

1. Temptation isn't always about your _____. Many times, temptation is about _____.

1 Cor 10:13

Seven Steps to Escape Temptation

A. Get into the _____. Psalm 119:11

B. Identify your _____? Matt 26:41

a. _____ I am most tempted?

b. _____ I am most tempted?

c. Who is _____ when I am most tempted?

d. How do I _____ before I am tempted?

C. _____ what you're _____ going to do. Prov 4:26-27

D. Guard your _____? James 1:14; Prov 4:23

E. Pray for _____. 1 Cor 10:13

F. Refocus your _____.

G. Find a _____. Ecc 4:9-10

(over)

DISCOVERY QUESTIONS

- How do you feel about yourself when you are tempted?
- How does God feel about you when you are tempted?
- How can temptation draw you closer to God instead of farther from Him?

APPLICATION

- Get into the Word. Spend at least 10 minutes each day. Ask a friend to hold you accountable.
- Identify your vulnerabilities. When you know the truth, the truth will set you free.
- Plan what you are *not* going to do. Plan what you will do to avoid people, places and circumstances that trigger your vulnerabilities.
- Guard your heart. Your eyes and ears are the gateway. Prov 4:23
- Pray for deliverance. Begin your day with a prayer of deliverance. As Jesus taught us to pray, “Lead us not into temptation, but deliver us from evil.” Matt 6:13 Ask God to give you help & strength.
- Find a friend (accountability partner) that can be trusted. To find this kind of friend, you need to be this kind of friend.
- Jesus’ only defense when He was tempted was the Word of God. Memorize the scripture verse and be ready to recite it at the next meeting.
- Prepare your scripture memory verse.

Prayer concerns or praises?