The Prayer Series: Wk 5 – Temptation

**Take a Look Back**

* We have been unpacking the Lord’s Prayer – this past week we talked about temptation, the devil, and Jesus victory over the enemy. Looking back at this week’s teaching what was most challenging, helpful, or interesting to you?
* Can you say the Lord’s prayer?
* Reference the Prayer card – available to download on website.

**TAKE A DEEPER LOOK: Dealing with Temptation**

* Have you ever lost a fight? What was it? What was it like?
* Did you try again or give up? What was the difference, if any?
* What is temptation? What are some examples?
* Where does temptation come from?
* Temptation is like a fight that never stops swinging. Have you ever face off with temptation and lost? Have you ever won? (possible stories)

1 John deals with the temptations we all face - **1 John 2:15-16**

* What are the three areas of temptation John refers to?
* Lust of the flesh – The desire to feel good (Who will you trust in crises?)
* Lust of the eyes – The desire to have what you see (Who will you serve?)
* Pride of life – The desire for popularity and position (Who will you sell out?)

**The truth about temptation and God’s protection**

**1. I need to know – *God can’t tempt me.***

James 1:12-14, Matthew 4:3

* Is temptation a sin?
	+ Temptation is not a sin (Giving into temptation or fixating on it is)
* Do you think everyone has temptations? Even if you can’t see them?
	+ Temptation is a common challenge for everyone

**2. I need to know – *God won’t mislead me*.**

James 1:2-3, Hebrews 4:15, 2:18

* How is it comforting to know that God can’t temp you or mislead you?
* Do we often lead ourselves into a trap? Who?

**3. I need to know – *God will deliver me*.**

1 Corinthians 10:13,2 Timothy 4:18, 2 Peter 2:9a

1 Cor 13 – “way of escape” = “A mountain pass – a way to escape when you are being chased and surrounded in a valley”.

God will never abandon us when we are tempted

* Have you ever felt like God had abandoned you? What was it like?
* What are the ways that God provides an “escape”?

**4. I need to - *Pray for protection*.**

 Matthew 6:13, Psalm 119:133, Matthew 26:41*,* John 17:15

* What does that look like practically?
* Are you being tested or tempted with something in your life?

**5. I need to - *RUN - from temptation!***

2 Timothy 2:22-24, James 4:4-10

* How do we run from temptation?
* What does James 4:4 means?
* Are you being tested or tempted with something in your life?

**Amour of God: Our defense and weapons of spiritual war**

Ephesians 6:10-19

* What do verses 10-12 tell us about the fight we are in?
* What are the 6 items of the amour of God?
* Belt of truth
* Breastplate of righteousness
* Feet fitted (shoes) with readiness
* Shield of faith
* Helmet of salvation
* Sword of the Spirit
* What do they represent?
* How do we put them on? (through prayer)
* How can they help us in dealing with temptation?

**Break out groups**

To prevent ourselves from falling into temptation, we need to set up safeguards to resist and avoid temptation. We also may need to develop strategies to help us flee from temptation.

* Can you think of any safeguards or strategies you have seen others use or you yourself have in place to resist and/or avoid temptation? If so, explain.
* Are there any specific areas of temptation you need prayer for to resist and/or avoid?

***Take it Home***

* What do the following verse instruct you concerning times of temptation?

**Psalm 119:9-11, Ephesians 6:16, James 4:7, 2 Timothy 3:16-17, Proverbs 3:5-6**

* Who is your power to overcome temptation?

**Matthew 3:16-4:1, Philippians 2:13, Romans 7:18-8:9**

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**1 John 2:15-16**

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	+ Do you think everyone has temptations? Yes or no

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