



How To Overcome Temptation

Matthew 4:1-11 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after fasting forty days and forty nights, he was hungry. ³ And the tempter came and said to him, “**If** you are the Son of God, command these stones to become loaves of bread.” ⁴ But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” ⁵ Then the devil took him to the holy city and set him on the pinnacle of the temple ⁶ and said to him, “If you are the Son of God, throw yourself down, for it is written, “‘He will command his angels concerning you,’ and “‘On their hands they will bear you up, lest you strike your foot against a stone.’” ⁷ Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’” ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. ⁹ And he said to him, “All these I will give you, **if** you will fall down and worship me.” ¹⁰ Then Jesus said to him, “Be gone, Satan! For it is written, “‘You shall **worship** the Lord your God and him only shall you serve.’” ¹¹ Then the devil left him, and behold, angels came and were ministering to him.

1 Corinthians 10:13 - ¹³ No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation **he will also provide the way of escape**, that you may be able to endure it.

Start Talking. Conversation starter for your group.

- Talk about some of the biggest temptations you face. What is so tempting about them?

Start Thinking.

- Read **Matthew 4:1-11**. Why do you think the Spirit would lead Jesus into the wilderness to be tempted?
- How did Jesus respond to temptation? What does this say about how we should respond?
- When are you more likely to face temptation: when you’re alone or when you’re with a group of people? Why?
- Look at the temptations of Jesus. How might they be rephrased if Satan was attempting to tempt you today?
- How does knowing Jesus was tempted help you when you are going through your own struggles and temptations?

Start Sharing.

- Read **1 Corinthians 10:13**. Do you feel like there are some temptations that you can’t overcome? Why or why not? What does this verse promise? What are some surprising ways God has helped you escape from temptation before?
- The enemy wants you to believe 3 lies - 1) What you DO determines who you are, 2) What you’re going through determines God’s love for you, and 3) What you have determines who you are. Which one of these lies is most easy for you to believe? Why?

Start Doing.

- In your group (or smaller groups) discuss one **guardrail** you need to implement to help you overcome temptation. Have your group pray and hold you accountable.