#### **ROCK WOMEN**



# WEEK EIGHT

## DAY 1

- 1. Begin your study time with prayer.
- 2. Read Matthew 6:5-18. What do you think is meant by verse 13?
- 3. Read Luke 4:1-2. Who is it that tempts us?
- 4. According to James 1:13-15, the devil is not the only participant in temptation. Who else is involved? What is it that we are "carried away" by?
- 5. What does James 1:15 tell us is the inevitable end of sin? How have you seen sin cause wreckage in your life and the lives of those around you? If we know sin's end result is destruction, why do we still play around with it?

6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.)

NO temptation has overtaken you but such as is common to man;
FAITHFUL,
who will not allow you to be tempted what you care able, but with the
and able, but with the temptation will provide the
also, so that you will be able to
endure it. 1 CORINTHIANS 10:13

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## DAY 2

- 1. Begin your study time with prayer.
- 2. Many times we fall prey to temptation because it caters to some lust of our flesh. We want to gratify our flesh and Satan is happy to promise us we can do so without consequence. What do John 8:44 and 1 Peter 5:8 tell us about the character of the devil? What do you think his intent is toward you? Can his advice/direction be trusted?
- 3. In Luke 4:1 who does it say led Jesus around the wilderness?
- 4. It was in the wilderness that Jesus was tempted by Satan. God Himself did not tempt Jesus, but He allowed Him to be tempted. While Satan intends to utilize temptation to cause sin and destruction in your life, God also has purpose in moments of temptation. James 1:2 speaks of encountering various trials. A trial can be a crisis or difficulty of some kind, but it can also be translated as "temptation" or "test." What does James 1:2-3 say the purpose of the testing times are and what should be our attitude in them?
- 5. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

## DAY 3

- 1. Begin your study time with prayer, asking God to help you recognize temptation and flee from it.
- 2. We cannot escape times of temptation and testing while we walk this earth. However, it is important to understand that the temptation itself is not sin. James 1:13-15 tells us that temptation "gives birth to sin." It is only when we act upon that temptation that we have committed sin. What does 1 Corinthians 10:13 promise us with regard to escaping temptation?
- 3. God promises with each temptation to provide for us a way of escape so that we will not sin. Is there a particular area of sin your life that you're struggling with? 1 Peter 4:1-2 tells us we should not live for our lusts, but for what?
- 4. What strategies do Matthew 26:41; Romans 13:14; Galatians 5:16; Ephesians 6:13 and James 4:7 give us for overcoming temptation and sin?
- 5. In Luke 4:4, 8 & 12 Jesus rebukes the devil using what? What Scriptures could you use in your area of struggle to overcome temptation and sin?
- 6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

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## DAY 4

- 1. Begin your study time with prayer, asking God to deliver you and those you love from evil today.
- 2. What does Luke 22:40 tell us to do so we do not enter into temptation?
- 3. In what way does prayer help us overcome temptation? To whom does it call our focus? How might it strengthen us to overcome sin?
- 4. In Hebrews 4:15 Jesus is called our high priest. What does verse 15 tell us about Jesus' understanding of us when we are tempted and what does verse 16 encourage us to do?
- 5. Read Psalm 119:9-16. How does Scripture help to keep us from sin?
- 6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

#### DAY 5

- 1. Begin your study time with prayer.
- 2. To Whom does Matthew 6:13 say belongs the Kingdom, power and the glory?
- 3. All dominion and power belongs to God, and we belong to Him. While we have an enemy that stalks us and seeks to destroy us, we do not fight this battle alone. When we face attacks from the enemy or moments of temptation, what do 2 Peter 2:9 and 2 Timothy 4:18 promise us?
- 4. Through Christ we have been given power to overcome our enemy and sin. Instead of giving in to sin, what do Romans 6:2 & 6-7 and Hebrews 12:1 tell us we ought to do? Practically speaking, what does this mean in your life? How can you apply these verses to areas of sin you struggle with? What safeguards can you put in place to help you escape from temptation and overcome sin?
- 5. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:
- 6. How have you seen God answer prayer in your life this week?