GOD WITH US

WEEK SEVEN

TEMPTED LIKE US: JESUS UNDERSTANDS US

October 28th, 2026

DAY 1

1. Begin your study time with prayer and read James 1:13-15 and 1 John 2:15-16. What is the source of temptation?

2. Who/what is not the source of temptation?

3. How does temptation progress from a thought to a consequence?

4. What are the three avenues of temptation (1 John 2:16)? How do these show up in your life?

5. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see often (ex: bathroom mirror, desk, bedroom, backpack, etc).

MEMORY VERSE

"For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin."

-Hebrews 4:15

I'M PRAYING ABOUT:

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GOD WITH US

DAY 2

1. Begin your study time with prayer and read Matthew 4:1-11. Why do you think God allows us to go through seasons of testing?

2. Satan attacks Jesus when He is weak from fasting. When do you think that you are most vulnerable to temptation?

3. What does Jesus's response each time Satan tempts Him teach us about the role of Scripture in facing temptations?

4. Read Psalm 119:15 and Joshua 1:8. What do we need to do in order to be able to rely on Scripture like Jesus did?

5. Write out this week's memory verse below.

DAY 3

1. Begin your study time with prayer and read 1 Corinthians 10:12-13. What are we warned not to become in verse 12?

2. What are the three truths/promises listed in verse 13?

3. What does a "way of escape" actually look like?

4. What is an example of a way that God has provided a way of escape in your life?

5. Write out this week's memory verse below.

GOD WITH US

DAY 4

1. Begin your study time with prayer and read Matthew 26:41. What does it mean to actively watch and pray; not just desire to avoid temptation?

2. What is an area of your life that you feel the most temptation right now?

3. How can you actively set up boundaries to help you “keep watch”?

4. Write out a short prayer to the Lord about this temptation.

5. Write out this week’s memory verse below.

DAY 5

1. Begin your study time with prayer and read Galatians 6:1-2. Why is isolation so dangerous in times of temptation?

2. What safety and comforts does having a community provide?

3. Who do you go to in your life for accountability and encouragement? Does your community encourage you to pursue Jesus? Explain your answer.

4. What step are you going to take this week to avoid recurring temptation?

5. Write out this week’s memory verse below.

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Weekly Bible Reading Plan

- **Luke 4:1-11**
- **Matthew 4:1-13**
- **Hebrews 4:15**
- **James 1:13-14**
- **1 Corinthians 10:13**
- **James 4:7**

Series Theme Verse

Hebrews 1:1-3 NASB | God, after He spoke long ago to the fathers in the prophets in many portions and in many ways, **2** in these last days has spoken to us in His Son, whom He appointed heir of all things, through whom also He made the world. **3** And He is the radiance of His glory and the exact representation of His nature, and upholds all things by the word of His power. When He had made purification of sins, He sat down at the right hand of the Majesty on high,

Luke 4:1-13 NASB | Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness **2** for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry. **3** And the devil said to Him, "If You are the Son of God, tell this stone to become bread." **4** And Jesus answered him, "It is written, 'Man shall not live on bread alone.'" **5** And he led Him up and showed Him all the kingdoms of the world in a moment of time. **6** And the devil said to Him, "I will give You all this domain and its glory; for it has been handed over to me, and I give it to whomever I wish. **7** Therefore if You worship before me, it shall all be Yours." **8** Jesus answered him, "It is written, 'You shall worship the Lord your God and serve Him only.'" **9** And he led Him to Jerusalem and had Him stand on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here; **10** for it is written, 'He will command His angels concerning You to guard You,' **11** and, 'On *their* hands they will bear You up, So that You will not strike Your foot against a stone.'" **12** And Jesus answered and said to him, "It is said, 'You shall not put the Lord your God to the test.'" **13 When the devil had finished every temptation, he left Him until an opportune time.**

Hebrews 4:14 NASB | Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. **15** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are, yet* without sin. **16** Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

James 1:13-14 NASB | Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone. **14** But each one is tempted when he is carried away and enticed by his own lust.

1 Corinthians 10:13 NASB | No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

James 4:7 NASB | Submit therefore to God. Resist the devil and he will flee from you.

Ice Breaker

Resist:
Present the group with a bowl of candy. And tell them to grab one of anything they want right now. Give them the option to eat the candy now, or wait until the end of the group to potentially get three pieces total. Tell them to explain their choices.

Connection:
The connection is that they were tempted to eat their candy right now, but if they resisted, there was a bigger reward on the back side. We are tempted all the time, and we think we are getting what we want, but when we cave, it leaves us feeling empty. Resisting temptation gives us a deeper relationship with God and a life filled with His peace and joy.

OR

Tempted:
Present the group with a series of questions and ask them what they would do in that scenario. Ask them to explain their answer. For younger groups, you can have the kids stand in the middle of the room. If they would do it, have them go to one side of the room; if they wouldn't, have them go to the other.

Connection:
The connection is that when we are tempted to go our own way, it might be packaged nicely and might give us what we want, but the result is hurt, betrayal, and consequences.

SMALL GROUP QUESTIONS

1. What stuck out to you from the message?
2. What is temptation, and where does it come from?
3. What are you tempted with (write it out on a piece of paper or in your journal)? How do you combat it?
4. Read Hebrews 4:14. Why is it important that Jesus was tempted in every way and was without sin? What does this passage tell us to do when we need help?
5. What example did Jesus give us to follow when we are tempted? What can we learn from this, and what does it look like putting it into practice?
6. Do you have any prayer requests?

LEADER GUIDE- Brenan speaking

There is a war that exists in the world around us and within our hearts and minds—a war between doing what is right according to God and following what we want according to our sinful desires. This inner struggle is part of our human nature, a consequence of what happened long ago in the Garden of Eden. We discussed this foundational problem in the first week of our series. The solution, however, is found in Jesus Christ. Through faith in Him alone, the Bible assures us that we are made new creations. Jesus clothes us in His righteousness and removes our sin as far as the east is from the west. Because of Jesus, we stand in right relationship with God the Father as His followers.

Yet, even with this new identity, we continue to live in a broken world and wrestle with desires that pull us away from God. Every day, we face temptations—urges fueled by our longing for what we want, rather than what God desires for us. Like a fisherman luring in the biggest catch, the world, our flesh, and Satan each try to entice us away from God's path.

Sometimes resisting temptation feels impossible. But it is not. Jesus Christ, who is fully God, became fully human and experienced every temptation we face—yet He remained without sin. After John baptized Him, Jesus was led into the wilderness and tempted in every way, setting an example for us to follow. This week, we will explore how we serve a God who truly understands us. Jesus set the example, showing us that victory over temptation is possible. By following His example, we too can overcome when we are tempted to go our own way.

1. What stuck out to you from the message?

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2. What is temptation, and where does it come from?

Leader follow-up:

- **WHAT IS TEMPTATION?**
  - The Greek word peirazo (πειράζω) in the Bible means to test, tempt; to try to trap; to examine.
  - The purpose of temptation is to entice one to sin by breaking God's commandments. Temptation itself is not bad; we mishandle it when sin occurs.
- **WHERE DOES IT COME FROM?**
  - **Inside us (our flesh)**
    - Romans 7:22-23
    - James 1:14
  - **The world**
    - 1 John 2:15-17
    - 1 Peter 1:4
  - **Satan**
    - Matthew 4:13
    - Mark 1:13
    - James 4:7
    - Ephesians 6:11
  - **God does not tempt anyone but permits it to happen.**
    - James 1:13
    - Job 1:6-22

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3. What are you tempted with (write it out on a piece of paper or in your journal)? How do you combat it?

Leader follow-up:

Keep in mind that this is a personal question. Gauge your group, and make sure the kids know this is a safe place to talk. Don't push kids to talk about anything they are not comfortable sharing out loud. A good solution is to have the kids write what they struggle with on a piece of paper or in their journal, then ask if anyone would like to share out loud. Let the kids talk about their action plans, as this will help you to navigate wise counsel for what the Bible says about combating temptation.

4. Read Hebrews 4:14. Why is it important that Jesus was tempted in every way and was without sin? What does this passage tell us to do when we need help?

Leader follow-up:

Hebrews 4:14 NASB | 14 Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. **15** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are, yet* without sin. **16** Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

This is a re-communication of the gospel and a recap from the week before, helping them articulate why it was important for Jesus to come and do what we couldn't do. Just as we could do nothing to earn God's forgiveness and needed God's help, the same is true when it comes to resisting the enemy. We need God's help. Ask them what it looks like to go to Jesus for help.

5. What example did Jesus give us to follow when we are tempted? What can we learn from this, and what does it look like putting it into practice?

Leader follow-up:

Jesus quoted Scripture back to the enemy. Memorizing Scripture is paramount to resisting temptation. Take the kids back through the Luke or Matthew account of the temptation by having them read through it. You will even notice how the enemy misquotes the Bible to trip Jesus up. This happens all the time today. Kids might rely on all sorts of social media shorts, but how do they know the enemy isn't using them?

- **Luke 4:1-13**
- **Psalm 119:9-16**
- **Ephesians 6:17**
- **James 4:7**

6. Do you have any prayer requests?

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Challenge:

Hand out the homework/digging deeper.

Upcoming Events:

11/7 Fall Community Clean Up
12/9 Youth Christmas Party
12/11 Gingerbread Building Contest
1/26- 1/27 High School Winter Retreat
2/19 Middle School Lock-In