



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER

SUNDAY MESSAGE REVIEW

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

RESIST
“Advice”

“At your highest moment, be careful. That’s when the devil comes for you.”
-Denzel Washington

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.”
James 4:7-8 (NIV)

Practical ways to R.E.S.I.S.T. Temptation:

R - Realize there’s always a way out

“God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”
1 Corinthians 10:13 (NIV)

Stages of Temptation:

- | | | |
|--------------------|--------|---------------------------------|
| 1. Dormant Stage | —————> | Set <u>Standards</u> (Job 31:1) |
| 2. Deception Stage | —————> | <u>Resist</u> (James 4:7-8) |
| 3. Driven Stage | —————> | <u>Run</u> (2 Tim 2:22) |

E - Educate yourself about how the enemy works

- The devil will try to get you to believe and act on lies
- Jesus redirects His thinking to the Truth in scripture

When I think...	The truth of Scripture reminds me...
My suffering will never end:	My suffering is temporary and has an ending time (2 Corinthians 4:17)
I have nothing good in the future to look forward to:	God has good plans for me (Jeremiah 29:11)
Bad things seem random and pointless	God can use all things (even bad ones) for his good purposes (Romans 8:28)
God seems far away	Jesus promises to always be with me (Matthew 28:20)

S - Stop focusing on the reward, and focus on what’s at stake

Joseph: “My master trusts me with everything in his entire household. No one here has more authority than I do. He has held back nothing from me... How could I do such a wicked thing? It would be a great sin against God.”
Genesis 39:8-9 (NLT)

I - Invest (time, effort, money) in building firewalls between you and what tempts you.

“Sin is crouching at your door. It seeks to dominate you, but you can overcome it.”
Genesis 4:7 (NCB)

S - Stop resisting the Holy Spirit

“Do not hold back [stifle; quench; extinguish] the work of the Holy Spirit.”
1 Thessalonians 5:19 (EXB)

Spiritual Being	Job Description	How You Feel	Our Action	Results
Satan	<u>Accuse</u> (Rev. 10:12)	Condemned	Hide (from God like Adam & Eve)	<u>Shame</u>
Holy Spirit	<u>Convict</u> (John 16:8)	Guilty	Confess	<u>Grace</u>

T - Trust God to lift you back up if/when you fall

“If he stumbles, he's not down for long; God has a grip on his hand.” Psalm 37:24 (MSG)

Which of these points do you need to focus on this week?

R - Realize there's always a way out

E - Educate yourself about how the enemy works

S - Stop focusing on the the reward, and focus on what's at stake

I - Invest (time, effort, money) in building firewalls between you and what tempts you.

S - Stop resisting the Holy Spirit

T - Trust God to lift you back up if/when you fall