

DON'T BUY THE LIE

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1. Lie #1: I Am The Only One

1 Corinthians 10:13 (NLT)

Paul reminds us that temptation is common to everyone and that God is faithful to limit it and provide a way to endure.

James 1:12–16 (NLT)

James explains the progression of temptation. God does not tempt us. Temptation begins in our own desires, and unchecked sin leads to death. He warns us not to be deceived.

1 Thessalonians 3:5 (NLT)

Paul refers to Satan as “the tempter,” reminding us that temptation is part of a real spiritual battle.

Romans 8:1–2 (NLT)

Even when we struggle, there is no condemnation for those who belong to Christ, and the Spirit sets us free from the power of sin.

Leader Insight

Temptation isolates. One of the enemy’s first tactics is convincing us that our struggle is unique, abnormal, or too shameful to bring into the light.

Shame says, hide.

The gospel says, come into the light.

When people believe they are the only one, they stop reaching out. Isolation fuels temptation. Community weakens it.

Discussion Questions

- Why does temptation feel so isolating?
- Have you ever believed the lie that you were the only one struggling? What was the result?
- What is the difference between conviction and condemnation?
- How does Romans 8:1–2 shape how we respond after failure?

Follow-Up Prompt

What would it look like for our group to become a place where people can be honest about real struggles?

Key Takeaways

- We are all tempted.
- God does not tempt us.
- Temptation thrives in secrecy.
- There is no condemnation for those in Christ.

2. Lie #2: God Is Absent

1 Corinthians 10:13 (NLT)

God is faithful in the middle of temptation.

1 Corinthians 1:7–9 (NLT)

God will keep believers strong to the end because He is faithful and has called them into relationship with Jesus.

Leader Insight

When temptation intensifies, emotions distort reality. It can feel like:

- God is distant.
- God is silent.
- God is unconcerned.

But Scripture repeats this truth: God is faithful.

Temptation does not mean God left. It means you are in a battle, and He is present in it.

Many struggles begin with wrong thinking:

- “I’ll always fail.”
- “God is disappointed and distant.”

Faithfulness means:

- He limits the temptation.
- He strengthens you.
- He provides endurance.

Discussion Questions

- When you are tempted, what lies about God tend to surface?
- How does remembering God’s faithfulness change your response?
- What is the difference between feelings and truth in moments of struggle?

Follow-Up Prompt

What is one practical way you can remind yourself of God’s faithfulness when you feel overwhelmed?

Key Takeaways

- Feelings are not facts.
- God's character does not change when temptation comes.
- He is faithful even when we feel weak.

3. Lie #3: There Is No Way Out

1 Corinthians 10:13 (NLT)

God promises a way out so that we can endure.

Leader Insight

Temptation often comes with urgency:

- Just this once.
- You have no choice.
- You've already messed up.

But Scripture promises a way out.

The way out is not always easy or comfortable. It often requires humility and action.

Sometimes the way out looks like:

- Turning something off.
- Leaving the room.
- Making a phone call.
- Confessing the struggle.

God does not just offer escape. He offers endurance.

Discussion Questions

- Why does temptation feel urgent and overwhelming?
- What "ways out" has God provided for you before?
- Why is the way out sometimes difficult to choose?

Follow-Up Prompt

Identify one area where you need to be more intentional about recognizing the way out.

Key Takeaways

- There is always a way out.
- The way out may require courage and humility.
- God wants you to win against temptation.

FOUR WAYS TO ENDURE WHEN TEMPTED

4. Endure Through Self-Control

Proverbs 25:28 (NLT)

A person without self-control is vulnerable, like a city with broken-down walls.

Galatians 5:22–23 (NLT)

Self-control is a fruit produced by the Holy Spirit, not merely human willpower.

Leader Insight

Self-control is Spirit-empowered discipline.

A life without boundaries is vulnerable to collapse. Healthy boundaries are wisdom, not legalism.

Discussion Questions

- Where do you need stronger “walls” in your life?
- What practical boundary would help guard your weak spots?

Key Takeaways

- Self-control is a fruit of the Spirit.
- Boundaries protect what matters most.

5. Endure Through Accountability

Ecclesiastes 4:9–10 (NLT)

We are stronger together and vulnerable alone.

Leader Insight

Accountability is not control. It is protection.

Temptation grows in isolation. It weakens in community.

Accountability means:

- Giving someone permission to ask hard questions.
- Choosing honesty over image.
- Reaching out before you fall, not after.

Discussion Questions

- Why is accountability uncomfortable?
- Who has permission to ask you hard spiritual questions?
- What holds people back from seeking accountability?

Key Takeaways

- We are accountable to God.
- We are accountable to one another.
- Isolation strengthens temptation.

6. Endure Through Scripture

James 4:6, 10 (NLT) – Pride

God opposes pride and gives grace to the humble.

1 Timothy 6:9–10 (NLT) – Greed

The love of money leads people into harmful desires and spiritual ruin.

1 Corinthians 6:18–20 (NLT) – Lust

Believers are called to flee sexual immorality because their bodies belong to the Lord.

Proverbs 14:30 (NLT) – Envy

Jealousy corrodes the heart.

Proverbs 23:19–21 (NLT) – Gluttony

Lack of discipline leads to long-term consequences.

James 1:19–20 (NLT) – Wrath

Human anger does not produce the righteousness God desires.

Proverbs 10:4 (NLT) – Sloth

Laziness leads to lack, while diligence leads to fruitfulness.

Leader Insight

Temptation often targets specific weak areas. Scripture gives us truth to confront specific lies.

Truth exposes deception.

Discussion Questions

- Which category do you find most personally challenging?
- How does memorizing Scripture strengthen you in moments of temptation?
- What is one verse you need to internalize this week?

Key Takeaways

- Truth exposes lies.
- Scripture equips us for spiritual battle.
- The Word must be stored in our hearts before the battle comes.

7. Endure Through Choosing God

1 Corinthians 10:12–13 (NLT)

Paul warns against overconfidence and reminds us that God is faithful.

Leader Insight

Temptation is not sin. Giving in is.

Victory is not automatic. It is intentional.

You do not drift into holiness. You drift into compromise.

Choosing God daily requires humility, awareness, and dependence.

Discussion Questions

- What does daily intentional obedience look like in your life?
- Where do you need to stop drifting and start choosing?

Follow-Up Prompt

What is one practical action you will take this week to not buy the lie?

Key Takeaways

- Humility protects us from falling.
- God provides strength and a way out.
- We must choose obedience.