

STRENGTH IN THE STRUGGLE

HOW TO BREAK STUBBORN HABITS

Sermon Devotional Week 1

Every one of us face temptation on a daily basis. Even Jesus faced temptation. Temptation is one of those things that look AWESOME at face-value but we know has a TERRIBLE consequence. What tempts one person doesn't necessarily tempt another. We all have our different struggles we deal with.

1. What are some temptations you struggle with?
2. What steps have you take to try to OVERCOME those temptations? Do you find that you still occasionally give in to the temptation?
3. Have you ever felt like there's nothing you can do, or that you're STUCK trying to fight against the temptation? You may say things like, "It's just who I am, it's the way God made me, or it's my cross to bear?"

One of the verses we talked about during the message this week was...

"And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure." 1 Corinthians 10:13 (NLT)

This is a PROMISE that we have from God that when a temptation is in front of us, He has a way OUT of it. We're NOT STUCK in a cycle that has to repeat itself again and again. We have the opportunity in front of us to get out of it!

The word "**temptation**" comes from the Latin word **temptare** which means "**to make an assault on, to attack.**" Temptation is literally an ATTACK against us. It's SATAN'S way of ASSAULTING us. Temptation is not "the way we are" but an ATTACK on who we are. God's not tempting you, He's trying to provide a way OUT for you. It's SATAN that's tempting you. That's why we read in the Book of James...

*"So humble yourselves before God. **RESIST THE DEVIL**, and he will flee from you." James 4:7 (NLT)*

We're not fighting against how "God made us", we're fighting the ASSAULT from the DEVIL. This is a MINDSET SHIFT. If you've ever "blamed God" for the temptations in your life, you're blaming the wrong person. Blame Satan. He's the one coming after you. God gives us a PROMISE to give us a WAY OUT. **We ALWAYS have a choice.** If you're a COMPETITIVE person that change in mindset should make you want to put the BOXING GLOVES on and FIGHT BACK.

1. In what way does shifting the focus of the temptation from God to Satan change your perspective?
2. Read James 4:7 again and discuss what it means to humble yourself before God.
3. What are some PRACTICAL guardrails that you can put in your life to help you not fall into "your temptation" again? (*accountability, budget, site blockers, etc.*)

Note to SG Leader: *If someone shares a temptation or situation that is delicate in nature or has created an issue deep in their life or their family please encourage them to contact Pastor George Wakim, our Granite Life Coach at gwakim@graniteunited.com Also please contact your Campus Pastor.*