

Timeless Truths for Modern Disciples

6. What Do I Do With Temptation?

JAMES 1:13–15; 1 CORINTHIANS 10:13; MATTHEW 4:1–11

LESSON OVERVIEW (FOR THE LEADER)

This lesson continues our *Timeless Truths for Modern Disciples* series by addressing one of the most common struggles every follower of Jesus faces: **temptation**. Many believers genuinely desire to follow Jesus, yet feel defeated because they repeatedly give in to temptation. James helps us understand how temptation works, while Jesus shows us how temptation is overcome.

The main point of the lesson is that **victory over temptation is not found by trusting ourselves to fight harder, but by running to God, embracing His way of escape, and walking in obedience.**

The lesson emphasized three important truths:

- **The power of temptation.**
- **The progression of temptation.**
- **The provision of God.**

FAMILY DISCIPLESHIP NOTES

If children are present, involve them intentionally throughout the group. Before beginning, assign one child to be the “Kid Reporter.” Let them know their job is to listen carefully because at the end of the gathering they will share the most important thing they learned.

Provide children with a Listening Sheet and encourage them to complete it during the teaching and discussion. They may write, draw, or do both depending on their age.

Also encourage children to draw a picture that illustrates the main lesson. At the end of the gathering, give them an opportunity to show and explain their drawing to the group.

Ice Breaker

"What is something that is really hard for you to resist—even if it's something small like dessert, buying gadgets, or hitting the snooze button?"

TRANSITION: "SOME TEMPTATIONS ARE FUNNY, BUT OTHERS ARE DEEPLY SPIRITUAL AND HAVE THE POTENTIAL TO DAMAGE OUR LIVES. THIS LESSON EXPLORES WHY TEMPTATION IS SO POWERFUL AND HOW GOD PROVIDES A WAY TO OVERCOME IT."

READ JAMES 1:13-15

Discussion Questions

1. James says temptation begins with our own desires. Why is it important to understand that temptation usually appeals to our desires and not our intellect?
2. In what ways have you seen temptation make something harmful appear attractive or reasonable?
3. Jesus responded to every temptation with God's Word. Why do you think Scripture was His first response instead of simply relying on willpower?
4. The lesson said, "The way to fight temptation is not actually to fight it, but to run to God." How can we practically do that when temptation comes?

KIDS' QUESTION

1. When you know something is wrong, what are some good things you can do instead of giving in to temptation?

Prayer Time

LEADER INSTRUCTIONS

- Leader, as you begin the prayer time, explain to the group that tonight we want to slow down and genuinely seek the Lord together, not just rush through a closing prayer.
- On the next page is a list of prayer prompts based on this lesson. If you want, you can cut these out into individual strips of paper with one prayer prompt on each, and put those prayers in a basket.
- Pass the basket of prayer prompts around the circle and invite anyone who is willing to pray to take one.
- Let everyone know there is no pressure to pray out loud, and children are welcome to participate too.
- Encourage people to quietly read their prompt and begin thinking about how they want to pray when the time comes.
- Begin the prayer time yourself by leading a short opening prayer that helps the group focus on God, become calm and attentive, and invites the Holy Spirit to guide the time.
- Then leave space for others to pray one at a time using their prompts.
- Don't be afraid of a little silence between prayers.
- When it feels like the prayer time is naturally slowing down, close by thanking God for hearing His people, praying for the needs that were shared, and asking God to deepen our love for Him and strengthen our faith in Him throughout the week.

Before dismissing, invite the Kid Reporter to share the most important thing they learned. Then allow any children who would like to do so to show their drawings and briefly explain them to the group.

PRAYER PROMPTS

Pray that God would help us recognize temptation before it becomes sin.

Pray that we would run to God instead of trying to fight temptation in our own strength.

Pray for a greater love for God's Word so that it is ready in our hearts when temptation comes.

Pray for wisdom to recognize the "way of escape" God provides.

Pray for believers who feel defeated by recurring temptation, that they would find hope and victory in Christ.

Pray that God would help us distrust our sinful desires and trust His truth instead.

Pray for strength to flee temptation instead of lingering near it.

Pray for purity in our thoughts, words, and actions.

Pray for marriages in our church, that they would be protected from temptation and strengthened by faithfulness.

Pray for parents as they teach their children how to recognize and resist temptation.

Pray for the children and students of our church, that they would choose obedience when they are pressured to compromise.

Pray for those struggling with addictions or habitual sins, that God would bring freedom and lasting transformation.

Pray that the Holy Spirit would make us sensitive to conviction before sin takes root.

Pray that we would remember God's faithfulness in moments of weakness.

Pray for courage to remove ourselves from situations that lead us toward temptation.

Pray that our minds would be filled with truth rather than lies.

Pray for humility to ask for help when we are struggling.

Pray for faithful friendships that encourage us toward holiness and obedience.

Pray for our pastor, that God would protect him from temptation and strengthen him in holiness.

Pray for our deacons, teachers, and ministry leaders, that they would remain above reproach and walk closely with Christ.

Pray for our church family to become a place where people find grace, accountability, and encouragement in the battle against sin.

Pray that we would worship God more deeply, knowing that worship turns our hearts away from temptation.

Pray for opportunities to encourage someone else who is struggling with temptation.

Pray that we would daily practice separating ourselves from temptation and saturating ourselves with God's presence.

Kids' Listening Sheet

Name: _____

Date: _____

TODAY'S BIBLE PASSAGE(S):

THE MOST IMPORTANT THING I LEARNED:

A WORD I HEARD TODAY:

Word: _____

What does it mean?

SOMETHING I DIDN'T UNDERSTAND:

DRAW A PICTURE OF WHAT YOU LEARNED (ON THE BACK):