

### Tips and Tricks:

The sermon notes are designed to be used as a guide for discussion. Don't feel like you have to use every question. Some questions will take a while to work through and others will be over in a few seconds.

1. Don't teach the lesson. The sermon was just preached. Just ask the questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Don't forget to laugh and crack up. Relationships, not curriculum, are the heartbeat of our ministry. Remember: We have to build a relational bridge strong enough to hold the truth!

### Agenda for Group Time

1. Ice Breaker - Lighthearted ice breaker question (10 minutes)
2. Discussion - Bible study, sharing and application. (25 Minutes)
3. Prayer - Pray together (5 minutes)
4. Planning - Remember to talk about what's coming up.

### Ice Breaker!

What one or two character qualities are most important to you in someone you'd be willing to follow?

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My thoughts on temptation and sin:

- Finally! He's preaching about something I know!
- I admit it! Temptation is the *only* thing I can't resist.
- When faced with several temptations, I usually go with the one I've never tried.
- If it's not chocolate, it's not tempting.
- Sin can be fun for a while, but the payback isn't great.
- Other: \_\_\_\_\_

### Discussion!

*Pray then like this....*

*And lead us not into temptation,  
but deliver us from evil. (Mt 6:9-13 ESV)*

Read Luke 22:39-46

How does the Lord's prayer make its way in the garden?

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### 1. The truth about temptation.

The most tempting times for me are usually when I'm:

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Bored.    | <input type="checkbox"/> Feeling down.     |
| <input type="checkbox"/> Angry.    | <input type="checkbox"/> Awake.            |
| <input type="checkbox"/> Breathing | <input type="checkbox"/> Feeling up.       |
| <input type="checkbox"/> .         | <input type="checkbox"/> With my friends.  |
| <input type="checkbox"/> Alone.    | <input type="checkbox"/> All of the above, |
| <input type="checkbox"/> Tired.    | <input type="checkbox"/> plus a few.       |
| <input type="checkbox"/> Stressed. | <input type="checkbox"/> Other: _____      |

Some truth from the Bible about temptation:

- We've got to expect temptation.
- Temptation itself is not sin, the tests grow character, can actually make us stronger
- Our temptation is common to everyone, and God won't allow us to be tempted beyond what we can bear.
- Jesus was tempted
- We are called to flee temptation.
- Other: \_\_\_\_\_

Question: Which of these truths are the most important to you? Which do you struggle to believe?

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The book of Hebrews teaches that Jesus was tempted. How can we see Jesus being tempted in our passage today?

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## 2. The source of temptation - Satan.

We tend to think that our problem is the situation, our pain or other people. But those things are not the problem.

*[12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.*

(Ephesians 6:12 ESV)

Question: Why is it important to remember where temptation comes from?

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On staying away from tempting stuff:

- I need to see how far away I can stay, not how close I can come without blowing it.
- I'd have to make some major changes.
- I'd need to hang out with a different crowd.
- I may need to stop going to...
- I don't really like it, but this just makes sense.
- Yes, but. Yes, but. Yes, but...
- Other: \_\_\_\_\_

God's word is our resource for fighting temptation. God's Word could help me by:

- Working on my thoughts
- Helping me see life from God's perspective.
- Strengthening the spiritual part of me.
- Helping me choose what's best.
- Giving me something to think about besides chocolate, sex and money.
- Other: \_\_\_\_\_

What does it mean to pray "Your will be done"? Why is this difficult to for us and what tends to get in the way?

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How does surrender to God help keep us from surrendering to temptation?

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## Work It Out!

One thing I'll do differently because of this sermon:

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