

Small Group Discussion Guide

“Let the Future Begin (pt. 5)” - 09.20.15

Scripture: Luke 4:1-13

Bottom Line: Look to Jesus, not only as your help, but your hope in resisting temptations.

INTRODUCTION/BREAKING THE ICE:

Goals are often difficult to achieve. Have your small group go around the room and share what they believe is their biggest achievement in life. How did they accomplish their goal? What was their plan? What did they do when obstacles opposed achieving their goals?

UNPACKING THE GOSPEL

Read Luke 4:1-13

In the Old Testament God's people wandered in the wilderness for 40 years because they continued to fall to Satan's temptations. Unfortunately, they failed to "resist" the temptation that was put before them. Jesus is tempted in the same manner for 40 days. However, Jesus was victorious. He would go on to be victorious over our sin as well.

1) What are some ways Jesus resists Satan's temptations? How can we practically use the same tactics against our own temptations?

2) To successfully resist temptation you must have a plan. Discuss each practical step that Adam mentioned on Sunday. How would you implement each step?

- a. Don't minimize temptation and its effects (temptation is not a sin, but it's not a game; is powerful, but that is not an excuse).
- b. Be prepared to be tempted when and where you are most vulnerable (Figure out ahead of time when and where you are vulnerable).
- c. Pre-plan your resistance (stay far away from what tempts you).
- d. Be honest with a few trusted, godly friends (who are some friends you can talk to?)
- e. When temptation presents itself to you, present yourself to God (ask to be filled with the Holy Spirit; You are not powerless to temptation with the Holy Spirit).
- f. Read, love, learn and live Scripture (Reading daily is like daily exercise; you build strength and endurance. Waiting until the competition comes is too late).
- g. Look to Jesus, not only as your help, but as your hope (Savior).

LIVING OUT THE GOSPEL IN MY EVERYDAY LIFE

1) Commit to putting a plan in practice. This week map out how you can practically live out the plan to resist temptation in your own life.

2) By the end of the week reach out to a trusted friend and let them know of your struggle and plan to resist it. Ask them to meet with you to discuss progress.