

# EXTRA! Ideas for Adults – Dealing with Temptation – Session 2

---

**Date:** April 23, 2023

**Session Title:** The Temptation to Rely on Myself Instead of God

**The Point:** God's provision is always better than what we try to get for ourselves.

## Get Into the Study

Use the following information after Question #1 as a lead-in into The Point of the study.

For David Kilgore, the first marathon of his wildest running challenge to date was in Antarctica. After running through an Antarctic storm with almost zero visibility due to snow, the group traveled to South Africa, Australia, Dubai, Spain, Brazil, and Florida, running 26.1 miles each day in succession. Amazingly, the 35 racers for the World Marathon Challenge completed seven marathons on all seven continents in just seven days.

While this might be among the more intense physical endurance challenges humans have completed, the logistical endurance was also intense. "Runners spent about 68 hours in the air during the week, eating, sleeping, and recovering as best as possible while flying 8-14 hours to the next marathon site." Even though the runners had signed up with a particular goal, their travel details were arranged by other people, and were altered by the reality of weather and repeated travel delays.

Say: Like these runners, we may go through life with particular plans, seeking to meet our own goals. Sometimes we look for ways to "instantly" get what we think we want or need. It will take endurance, faith, and flexibility for us to learn to trust God for His timing, plans, and provision for our lives.

Information for this post was gleaned from:

- <https://worldmarathonchallenge.com>
- <https://www.outsideonline.com/health/running/culture-running/kilgore-wins-world-marathon-challenge/>
- <https://www.runnersworld.com/news/a42816866/not-only-did-he-run-7-marathons-on-7-continent-in-7-dayshe-won-them-all/>

## Get Into the Study [Option from the Adult Leader Guide, p. 93]

At the beginning of the session, play a [video clip](#) of a commercial or advertisement that does a good job of tempting people. Then ask **Question #1**.

# Study the Bible

Use the following information to introduce Question #3.

Even though he became King at the moment of Queen Elizabeth's passing, King Charles will cross a significant milestone next month. On May 6, 2023, the United Kingdom will witness King Charles III's Coronation. For 900 years, kings and queens of Britain have had their Coronations at Westminster Abbey, taking the oath, being anointed with consecrated oil, and receiving the full vestiges of his office (crown, orb, scepters, robes).

Remembering his mother's ceremony in 1953, commentators have remarked on the differences that are expected with King Charles' Coronation. The ceremony will likely be shorter, less ostentatious, and include representation from a wider range of religions than Queen Elizabeth's. Nevertheless, even with differences, the significance of the event will certainly evoke the memory of the long-serving Queen Elizabeth II. When King Charles takes his oath (the 40th British monarch to do so), he will end with the very same words his mother spoke 70 years prior: "So help me God."

Say: Even when we face different demands, environments, and temptations from the people who have gone before us, remembering God's help through past difficulties, and provision of all that was needed, can lend us strength in the trials we face.

Information for this post was gleaned from:

- <https://www.bbc.com/news/uk-63543019>
- <https://www.vogue.com/article/king-charles-iii-coronation-everything-we-know-so-far>
- <https://www.goodmorningamerica.com/culture/story/king-charles-iii-coronation-plans-96848304>

*Jessica Connell wrote these Leader Extras. Jess is a homeschooling mom of 9 who has served around the world in ministry with her husband. She loves hiking, exploring, and being active in her local church in North Texas.*

## Live It Out [Option from the Adult Leader Guide, p. 100]

Play a [song](#) that speaks to the importance of standing fast in the face of temptation. Invite a volunteer to lead the group in worship. Then close in prayer.

## Additional Questions

### Icebreaker

- When you are hungry, what food do you crave?
- When have you been glad you waited for something?
- Which TV ad does the best job tempting you?

## **Matthew 4:1-4**

- What can we learn from Jesus' experience about how Satan works?
- In what way was the devil's temptation of Jesus about much more than bread?
- How do we justify decisions to satisfy God-given desires in the wrong way?
- When have been tempted to doubt God's provision for you?
- What can we learn from this passage about facing temptation?
- What can we learn from Jesus about combatting temptation from this passage?

## **Deuteronomy 8:2-5**

- What have you learned about God when you've been in a wilderness?
- Why is remembering so important in facing temptation?
- Why do we tend to question God when we experience severe need?
- In what ways have you seen God provide for you in the past?
- What practices have helped you remember God's past provision?
- When is a time God has provided just what you needed, just when you needed it?
- What are some practical ways we can help ourselves to remember God's faithfulness in the past?

## **Deuteronomy 8:6-10**

- How would you describe the provisions you've received from God because of your faith in Christ?
- Why does healthy fear (reverence) for God help you remain faithful to His word?
- When has God provided beyond what you could have provided for yourself?
- What does it mean to walk in God's ways and fear Him?
- Who have been some examples in your life of relying on God's provision?

## **For Those in Your Group**

Send the following link to your group members as either a teaser before the group meets or as a follow-up thought:

[The Lure of Instant Gratification](#)

## **Magazine Article**

This article complements the study. Share this link with your group members.

- HomeLife – [Do You Believe?](#)

## **Tips for Leading Bible Study Groups**

- [Moving Your Group Beyond Friendly](#)

