

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 13 // PREPARING FOR TEMPTATION—PART 1

Big Idea: Jesus taught us to prepare for the unpredictable nature of life (see Matthew 7:24-27). One of the lifequakes everyone experiences is temptation and we all need to learn more about handling and overcoming the temptations that come our way. We are especially tempted at points where we're weaker, so we should be aware and anticipate this challenge.

Hebrews 4:15 (NIV) *For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.*

1 Corinthians 10:12-13 (NIV) *So, if you think you are standing firm, be careful that you don't fall! 13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

James 1:12-16 (NLT) *God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. 13 And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. 14 Temptation comes from our own desires, which entice us and drag us away. 15 These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. 16 So don't be misled, my dear brothers and sisters.*

Isaiah 59:2 (CEV) *Your sins are the roadblock between you and your God. That's why he doesn't answer your prayers or let you see his face.*

Start Talking:

What has helped you most in resisting and overcoming temptation in your life?

Start Thinking:

Read Hebrews 4:15. How can this verse encourage you as you face temptations in your life?

Read 1 Corinthians 10:12-13. What does it mean that temptation is "common to mankind"? Why is it so important to understand that "God is faithful" (verse 13) when we battle temptation?

Read James 1:12-16. What do you learn from these verses about the process of temptation? How can you prepare well to deal with this challenge in a consistently godly way?

Read Isaiah 59:2. How does sin affect our communication with God? What are some practical ways can you address and overcome this?

Start Praying and Doing:

Pray for God to make you more sensitive, by His Spirit and His grace, to temptations and sin in your life (see David's example of this in Psalm 51). Believe the Lord to give you wisdom and courage to tackle these head on and make godly decisions to overcome them. Also consider sharing this process with a friend that you trust spiritually so they can support you in prayer.