

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 14 // PREPARING FOR TEMPTATION—PART 2

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 of and anticipate this challenge. Conquering temptation involves specific actions we should take, and it's important to remember that recovering from failure is possible!

Galatians 5:16 (NLT) *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.*

Psalms 119:11 (NLT) *I have hidden your word in my heart, that I might not sin against you.*

Matthew 26:41 (NLT) *Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!*

Proverbs 4:14-15 (ERV) *Don't take the path of the wicked; don't follow those who do evil. 15 Stay away from that path; don't even go near it. Turn around and go another way.*

Romans 12:2 (NLT) *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.*

Start Talking:

What are some Bible verses that especially help you resist temptation?

Start Thinking:

Read Galatians 5:16. How can the work of the Holy Spirit in you help you overcome temptation?

Read Psalms 1:1-3 and 119:11. What does it mean to hide God's Word in your heart? Why is this such an important part of overcoming temptation in your life?

Read Matthew 26:41. What role does prayer play in fighting off temptation? What happens if we fail to pray?

Read Proverbs 4:14-15. What practical wisdom do you glean from these verses about dealing with temptation?

Read Romans 12:2. How does your thinking affect your ability to resist temptation? What are some of the ways you can cooperate with God's process of "changing the way you think"?

Start Praying and Doing:

Pray for God to empower you to take specific actions that will help you overcome temptation. This week, make a renewed commitment to hiding God's Word in your heart and letting God change your mind by reading, meditating on and memorizing key Scripture verses (Psalms 119:11; Romans 12:2). Pray and believe for the Holy Spirit to guide, direct and strengthen you in resisting temptation (Galatians 5:16; Romans 8:12-14). Make wise decisions every day to not "even go near" the path of temptation (Proverbs 4:14-15). Be encouraged as you see the difference these choices and steps make in your battle against temptation!