

# WHAT IF?

ANSWERING LIFE'S TOUGH QUESTIONS

## LESSON 7 // TESTED AND TEMPTED

**Big Idea:** Tests and temptations are normal—everyone experiences them. And they have a purpose. God uses tests and temptations to: reveal wrong thinking, actions, attitudes and words; grow faith, character and grace in us; and make us more humble and dependent on Him. Clearly, tests and temptations should be taken seriously, and we should allow the consequences of giving in to sin to deter us from going down that road.

**Psalm 66:10 (NLT)** *You have tested us, O God; you have purified us like silver.*

**1 Corinthians 10:13 (NIV)** *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 1:12-15 (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.*

**Romans 6:23 (NLT)** *For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.*

### Start Talking:

What’s one of the most significant trials or tests you’ve faced? How did you handle it?

### Start Thinking:

**Read Psalm 66:10.** What are some of the ways God can purify you through tests and temptations?

**Read 1 Corinthians 10:13.** Why is important to remember that everyone faces temptation and that God is faithful to help you overcome it?

**Read James 1:12-15.** How can acknowledging that we’re responsible for our own sinful actions (rather than someone or something else) be an important step in overcoming temptation?

**Read Romans 6:23.** What are some of the consequences of sin that should deter us from giving in to temptation?

### Start Praying and Doing:

Pray this week that the Lord will increase your awareness of and resistance to sinful temptations in your life. Memorize the following verses and practice saying “no” to temptation through the power of God’s grace and His Word:

**Titus 2:11-12 (NIV)** *For the grace of God has appeared that offers salvation to all people. <sup>12</sup> It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.*