

HOW TO FACE LIFE'S CHALLENGES
"HOW TO FACE TEMPTATION"
1 CORINTHIANS 10:6-13
OCT. 1ST, 2023

Big IDEA: _____ will come but _____ doesn't have to follow.

How can you face temptation?

1. By _____ for it (v.6-12)

- a. Temptations often come on the heels of _____ (v.7)
- b. Giving in to temptation has major _____ (v.8)
- c. Temptations can expose the _____ of the _____ (v.9)
- d. Temptations can quickly turn _____ things into _____ things (v.10)

2. By _____ it (v.13)

- a. He is _____ to you _____ your temptations
- b. He imposes _____ your temptations
- c. He provides _____ your temptations

Notes

Daily Reflections

Monday

Read about Jesus's temptations in Matthew 4:1-11. In your own words, describe in what ways the devil tempted Jesus and how Jesus responded to each temptation. What "resource" did Jesus utilize when responding to each temptation? What can you learn from his example? Do you have a plan for memorizing Scripture?

Tuesday

Read 1 John 2:15-17. Often times, our own desires lead us into temptation. This passage says they can come from three areas: the desires of the flesh, the desires of the eyes, and the pride of life. Reflect on a time when each of these tempted you. If they were to tempt you again in the future, what's your plan to face them and not "step over the line" into sin?

Wednesday

Tim Chester, in his book *You Can Change*, suggests that temptations often exist in the "gap" between what we say we believe (confessional faith) and how we actually behave (functional faith). For example, you may say, "I believe I'm saved by grace through faith," but you might work as though you have to prove yourself to God. Examine your life this week for these kinds of "gaps." How might you work to close those gaps and minimize temptations?

Thursday

Read Hebrews 2:14-16. Have you ever considered that Jesus was tempted in every area of his personal life? How does knowing that he can sympathize with your struggles encourage you to endure? Take a few moments today to pray and ask the Father for his "mercy, grace, and help."

Friday

What specific temptation is difficult for you to face? Take some time to reflect on it (when does it happen, where, how, why) and dissect it. In what ways has God provided a "way out" from it in the past?