

### Tips and Tricks:

The sermon notes are designed to be used as a guide for discussion. Don't feel like you have to use every question. Some questions will take a while to work through and others will be over in a few seconds.

1. Don't teach the lesson. The sermon was just preached. Just ask the questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Don't forget to laugh and crack up. Relationships, not curriculum, are the heartbeat of our ministry. Remember: We have to build a relational bridge strong enough to hold the truth!

### Agenda for Group Time

1. Ice Breaker - Lighthearted ice breaker question (10 minutes)
2. Discussion - Bible study, sharing and application. (25 Minutes)
3. Prayer - Pray together (5 minutes)
4. Planning - Remember to talk about what's coming up.

### Ice Breaker!

What one or two character qualities are most important to you in someone you'd be willing to follow?

My thoughts on temptation and sin:

- Finally! He's preaching about something I know!
- I admit it! Temptation is the *only* thing I can't resist.
- Sin looks so good on the outside, but leaves me feeling soooo awful on the inside.
- When faced with several temptations, I usually go with the one I've never tried.
- If it's not chocolate, it's not tempting.
- Sin can be fun for a while, but the payback is *h...h...heck*.
- Other: \_\_\_\_\_

### Discussion!

*Pray then like this....*

***And lead us not into temptation, but deliver us from evil.*** (Mt 6:9-13 ESV)

Read Matthew 26:36-46 (on back page)

### 1. The truth about temptation.

The most tempting times for me are usually when I'm:

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Bored.    | <input type="checkbox"/> Feeling down.     |
| <input type="checkbox"/> Angry.    | <input type="checkbox"/> Awake.            |
| <input type="checkbox"/> Breathing | <input type="checkbox"/> Feeling up.       |
| <input type="checkbox"/> .         | <input type="checkbox"/> With my friends.  |
| <input type="checkbox"/> Alone.    | <input type="checkbox"/> All of the above, |
| <input type="checkbox"/> Tired.    | <input type="checkbox"/> plus a few.       |
| <input type="checkbox"/> Stressed. | <input type="checkbox"/> Other: _____      |

Some truth from the Bible about temptation:

- We've got to expect temptation.
- Temptation itself is not sin, the tests grow character, can actually make us stronger
- Our temptation is common to everyone, and God won't allow us to be tempted beyond what we can bear.
- Jesus was tempted
- We are called to flee temptation.
- Other: \_\_\_\_\_

Question: Which of these truths are the most important to you? Which do you struggle to believe?

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## 2. The source of temptation - Satan.

We tend to think that our problem is the situation, our pain or other people. But those things are not the problem.

*[12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.*  
(Ephesians 6:12 ESV)

Question: Why is it important to remember where temptation comes from?

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## 3. So what?

On staying away from tempting stuff:

- I need to see how far away I can stay, not how close I can come without blowing it.
- I'd have to make some major changes.
- I'd need to hang out with a different crowd.
- I may need to stop going to...
- I don't really like it, but this just makes sense.
- Yes, but. Yes, but. Yes, but...
- Other: \_\_\_\_\_

Hallowing God is believing that God will deliver us from temptation. But even if he doesn't, we still will not bow.

God's word is our resource for fighting temptation. God's Word could help me by:

- Working on my stinkin' thinkin'.
- Helping me see life from God's perspective.
- Strengthening the spiritual part of me.
- Helping me choose what's best.
- Giving me something to think about besides chocolate, sex and money.
- Other: \_\_\_\_\_

## Work It Out!

One thing I'll do differently because of this sermon:

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### Matthew 26:36-46

[36] Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." [37] And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. [38] Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." [39] And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

[40] And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? [41] Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

[42] Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." [43] And again he came and found them sleeping, for their eyes were heavy. [44] So, leaving them again, he went away and prayed for the third time, saying the same words again. [45] Then he came to the disciples and said to them, "Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. [46] Rise, let us be going; see, my betrayer is at hand." (ESV)