

'Defining Moments- Jesus Chooses'

The Big Idea: to help people understand the process of temptation and how Jesus' defining moment in the wilderness with the devil gives us the power to overcome any temptation that comes our way. There will always be a way out/back.

Welcome:

What food tempts you to say yes to just one more bite?

Word:

Just one more bite, just one more look. What's the harm in that? The Bible is full of people who gave in to temptation, but it also contains stories of those who successfully resisted. God does not tempt us but He does provide a way for us to resist.

What do we find so appealing about temptation?

Temptation can promise us some kind of gain or that we won't get hurt; we will get away with it.

How can we tell when our desires get obsessive or out of control?

Do you think that we are able to personally tell sometimes?

How can people be deceived about temptation?

If temptations promise good but never deliver, why do we so often say yes to them?

Read James 1:14-15

The process of temptation is likened to that of a fisherman and his bait.

What bait works well on you?

What could get your attention?

Why can't we blame the bait?

How can we better deal with the pressure of temptation?

(Answers could be: keep closer in our relationship with Jesus/read and memorise Scripture more/be accountable)

What escape routes could God provide? Remember, God does not stop us without our participation.

Discuss the following scenarios: what are the possible temptations and the escape routes:

1. I'm lonely and in a hotel room with Wi-Fi and satellite TV
2. The cashier gave me too much cash back
3. An "exaggeration" on this application will help me land this job.

How can we support and encourage someone struggling with temptation?

Pray for each other. Does anyone need support at the moment with a particular issue? Wherever you feel you are on the temptation spectrum: Desire – Deception – Decision -Destruction: there is always a way back to God!