

Grown up Prayers week 4 – How to avoid temptations in life.

Getting started

- What food tempts you most? Doughnuts, McDonalds, chocolate....
- Anyone have a funny story about being caught doing something....

Getting stuck in

- What did you hear from the message that encouraged you?

Read Hebrew 4:15

- Do you think of Jesus this way? How does knowing that Jesus has been tempted in every way help you?
- Do we suffer from the more subtle sneakier temptations at all? To do what works/to do what's easy/to do what we have always done/to do nothing... Invite examples

Read Hebrew 4:15 and 16

- Do we ask for help in our "times of need"? Do we know when we are most vulnerable to be tempted? If we know this, what are we doing to plan to avoid them?
- How do we feel when we know we have given in?

Read 1 Corinthians 10:13

- If God provides a way out, why do we so often give in?
- Share a story where you overcame temptation. What may have been the key to your success.

Getting personal, practical and prayerful

- Is there a door to a temptation that we are keeping cracked open that we need to slam shut?
- Every temptation is an invitation – how can we be more intentional about inviting God into these moments? What are some of the right things we can bond with that will stop us doing the wrong things?
- Finish praying for protection for each other using the prayer we prayed at the end of the service: which part sticks out to you at the moment:

Your mind

Your eyes and ears

Your mouth

Your hands and feet

Your heart