The Bible tells us that the good things we want to do, we often neglect. And every bad thing we want to stop doing, we often end up committing. The struggle is real! We try and try, but keep falling into the same habits and sins. Let’s focus this week on the way out that God has promised us. As individuals and as a group, get a mindset and a plan that ensures progress towards victory!

**Jump Start**

1. Share one of your “guilty pleasures” (something you enjoy that might be perceived as “out of character” for you).

2. Read James 1:13-15. According to this passage, we are responsible for the choices we make. How does the Bible say we are tempted? Where have you seen this happen in your life?

3. *Temptation is common.* The first part of 1 Corinthians 10:13 says we’ve not been tempted by anything that isn’t common to all of humanity. How does it encourage you to know that anything and everything you are going through is typical and common for the human race? How does feeling like you are “an exception” give us an excuse to sin?

4. *Temptation is necessary.* Read James 1:2-4. How are we supposed to respond to our tests and trials? What happens when we stay strong under the pressure of trials and temptations? Describe a time when you stood fast under pressure and what the result of that was.

5. This Week: Read 1 Corinthians 10:13 and look for God’s promise to provide a way out when we are tempted. Identify what temptations you commonly face. Confess those temptations to God and consider sharing them with a close fellow believer. Make a plan on how you can avoid (if possible) or withstand (if you can’t avoid) those temptations. Use those temptations as an opportunity to make good decisions, grow your faith, and develop a better relationship with God.
1 Corinthians 10:1-13 (ESV)

1 For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, 2 and all were baptized into Moses in the cloud and in the sea, 3 and all ate the same spiritual food, 4 and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. 5 Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness.

6 Now these things took place as examples for us, that we might not desire evil as they did. 7 Do not be idolaters as some of them were; as it is written, “The people sat down to eat and drink and rose up to play.” 8 We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. 9 We must not put Christ to the test, as some of them did and were destroyed by serpents, 10 nor grumble, as some of them did and were destroyed by the Destroyer. 11 Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. 12 Therefore let anyone who thinks that he stands take heed lest he fall. 13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1. Verses 1-6 and 11 give us a clear purpose for much of what happened in the Bible. Why are the wins and losses recorded for us?

2. Verse 6 specifically mentions “desiring evil.” James 1:14 (NIV) states: “Each person is tempted when they are dragged away by their own evil desire and enticed.” List 5 temptations in verses 7 through 12.

3. How can being humble help you overcome temptation?