

28 DAYS

WEEK THREE: HOW TO DEAL WITH TEMPTATION – STUDY GUIDE

- 3) It's easy to blame others for temptation. You may have heard phrases like "the devil (or that person) made me do it" or "it's all God's fault." If you're in Christ, Satan can't make you choose anything you don't want to do. Read **James 1:12-15**. According to James, where does temptation start, and what's the progression that leads to sin?

- 4) When temptation comes, it can be comforting to know that we aren't alone and that God is with us every step of the way. Read **1 Corinthians 10:13-14**. How can we know that we aren't the only ones dealing with temptation? Also, how can we look at temptation as an opportunity, despite the struggle?

How Does This Apply?

- 5) Sometimes we don't want to escape temptation as much as we want to be saved from the consequences of giving in to sin. It's easy to play around with temptation, but caving in causes devastation later. What may be some things you toy with rather than immediately cut them off from the start? How can you prepare your heart so you can prevent giving in to temptation?

- 6) Giving in to sinful momentary pleasure in the present always leads to regrettable moments in the future. Making the right choice is more than not wanting to get caught, but it's choosing to worship Jesus over ourselves. Look past the moment and envision the end results. God can use that as a remedy to nip temptation in the bud. Reflect on your life. What effects have the good and bad choices had on your life? What kinds of choices are you currently making?

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- 7) Don't manipulate Scripture in an attempt to move God, but allow God's Word to move you. When you begin feeding your life with godly things, it kills your appetite for the wrong things. It does take commitment and effort, and it doesn't happen overnight. What's the one thing you are doing, or will commit to doing, to help you continue to overcome temptation?

Continue Learning on Your Own

- 8) When Satan questions the truth of who you are in Christ, remind yourself of God's promise that you are His. Stop listening to the lies and start internalizing God's truth in your life. Stand firm and know you are more than a conqueror by the Holy Spirit's power. Take a look at the following verses: **Romans 8:1-2, 8:31-39; 1 Peter 4:10; Ephesians 1:3-10**. How can knowing these verses help you speak truth into your life?