



BiG iDEa: Jesus invites me to seek God's help in trials and temptation.

Growing Deeper this week...

Jesus' power in public was directly related to his time spent in private with *Our Father*. Set aside some time throughout this week to read and reflect on what God's word says on the subject from the Bible passages below. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

Identify

Where or in what situations are you most tempted to think or do the "wrong" thing or take the path of least resistance?

Read

Scriptures to grow by... Genesis 39:6b-12, 1 Cor. 10:12-14, Heb. 4:15-16, Mat. 6:13a, 26:38-41, James 1:13-14, 2 Cor. 10:3-5, Ps 23, Ps 37: 37:23-24, Proverbs 14:16, 1 John 2:17, Luke 22:32, Mt 4:1.

Reflect

1. What words, phrases or ideas stand out to you from the Bible readings you read today? What do they challenge you to think or consider when it comes to keeping God's honor in perspective when you deal with temptation? How does this help or hinder your progress as a Christ-follower?
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. On Sunday, Doug said "temptation cannot be fought with human willpower. Eventually, you'll lose." Re-read 1 Corinthians 10:13 and Proverbs 14:16. In what areas of your life might you be trying to fight temptation in your own strength? If you are willing to surrender these to God and place your hand in His, what might you say to him about walking through temptation together?

Respond

Moving forward...

On Sunday, Doug said that when it comes to temptation, we need to take responsibility for our choices. What changes might you need to make in your schedule or lifestyle to minimize your exposure to situations where temptation is difficult to resist? What might Jesus want to say to you about this?