
A. MAKING A COMMITMENT TO FOLLOW JESUS

What are the temptations you have been facing?" "How have you experienced God's help in overcoming them?"

A.3 Will God help me with temptations? I Corinthians 10:13

A STORY "I lusted after a woman." John shared with his friend. He felt so guilty. He wanted forgiveness and wanted to know if he can ever have victory over this temptation. The friend shared that everyone of us face temptations, just as Adam and Eve in the Bible were tempted in three areas, Jesus was tempted in the wilderness by the devil in three areas. We are tempted usually in three areas.

DIGGING INTO THE BIBLE

In I John 2:15-16 it gives us a look at the three areas of sin:

"Love not the world neither the things that are in the world; the lust of the flesh, the lust of the eyes and the pride of life."

Someone summarized with these words: 1. The desire to indulge, 2. The desire to possess, and 3. The desire to impress. These three are common temptations for everyone but especially for the new person seeking to make a commitment to follow Jesus.

It is very important for each person in the journey to know

I Corinthians 10:13:

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

DISCOVERY AND DISCUSSION

1. What does this verse tell you about the heart of God?

2. How do you feel when you know that your temptations are experienced by all of us?

3. What is the temptation or temptations that you struggle with the most?

4. What does this verse tell you about the solutions to overcome temptations?

APPLICATION AND ACCOUNTABILITY

5. What steps can you take first to find out what is the way God has made for you to overcome?

6. What can you do this week to take steps toward victory in temptation?

7. What do you remember from Matthew 4:4 about how Jesus dealt with temptation?

8. How can you apply that in your life this week?

DIGGING IN DEEPER

1. What is the most important part of this lesson to you? Explain.

2. How do you see applying aspects of this lesson to your life?

3. When do you feel would be the best time to make that application?

4. What do you hear the Lord speaking to you about this right now?
