

Overcoming Temptation | Ps Rob Buckingham Study Notes

1. Discuss times you've been "In heaviness through many temptations." You hadn't sinned but you felt like you had. What was it like? How did you get through that time?
2. What does the fact that Jesus understands, commiserates and consoles you in time of temptation, mean to you and your victory in overcoming temptation?
3. Read Genesis 3:6 and 1 John 2:16 and discuss these verses in the light of the three points of Jesus' temptation.
4. Discuss a time when you were tempted to satisfy a legitimate physical need in an unhealthy way. What was the result?
5. Do you think Jesus could have sinned? Yes or no, and why?
6. Research suggests we make equally bad choices when we're hungry as when we're angry. That's why you should always do your food shopping after you've eaten! Can you think of times when you relate to this?
7. Have you ever been tempted to do things so others will see and thus give you their approval? Share these moments with your group. If you identify with this point of temptation what will you do to overcome it in the future?
8. The devil offered Jesus a "quick fix" in accomplishing His work on earth. Have you ever been tempted by a quick fix? What was the outcome?
9. How can you use the Word of God as "The sword of the Spirit?"