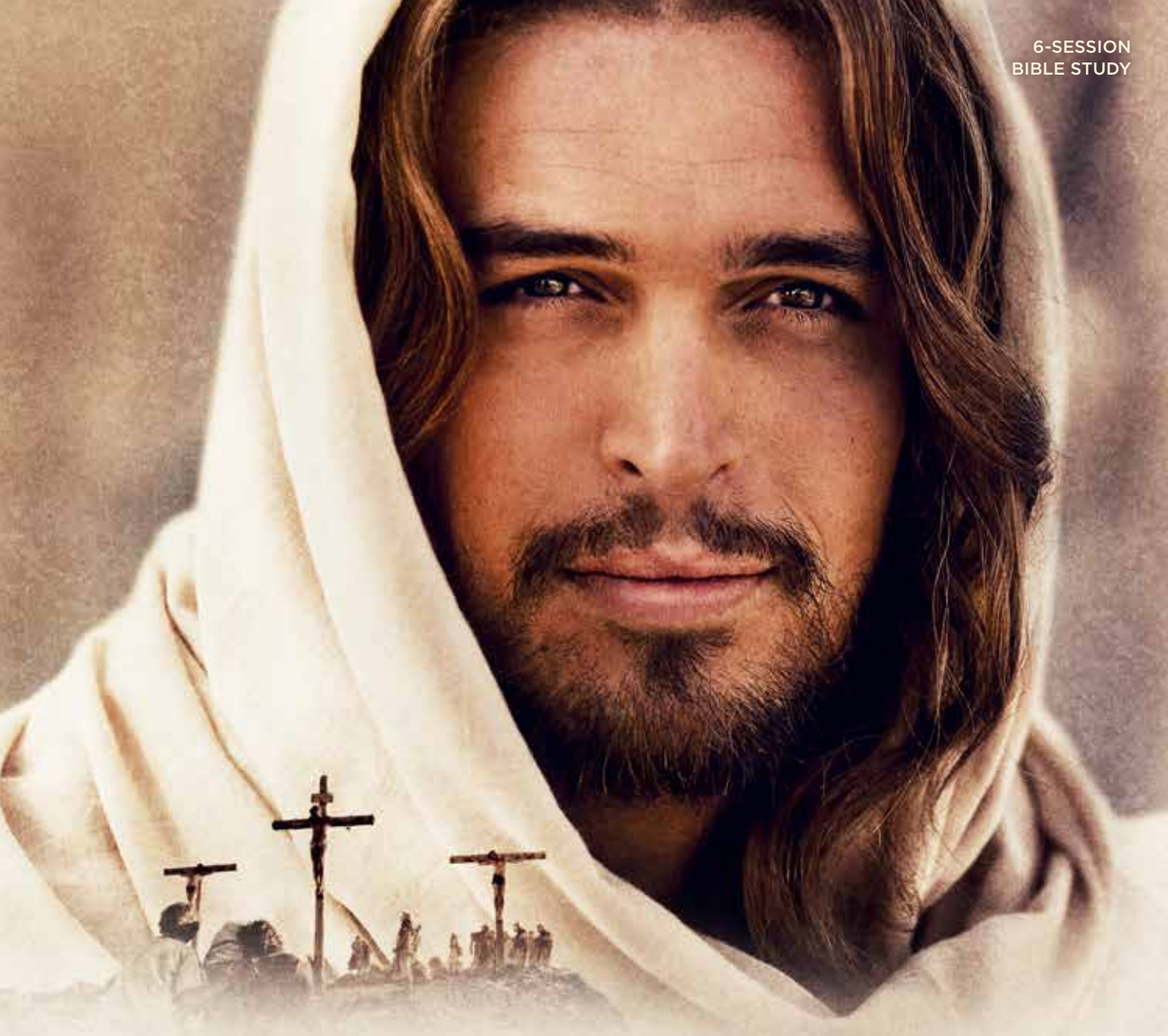


6-SESSION  
BIBLE STUDY



# SON OF GOD

THE LIFE OF JESUS IN YOU

#1 NEW YORK TIMES BEST-SELLING AUTHOR OF *THE PURPOSE DRIVEN LIFE*

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BASED ON THE FEATURE FILM PRODUCED BY MARK BURNETT AND ROMA DOWNEY

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**SON OF GOD**  
**THE LIFE OF JESUS IN YOU**



SESSION 2

**JESUS' TEMPTATION**  
**AND**  
**YOUR TEMPTATION**



## ||||| CATCHING UP

- In this session we're going to talk about the importance of memorizing Scripture. Did anyone memorize the verse you selected in session one? Did you find it easy or difficult? Were you able to use the verse for your own or someone else's encouragement during the week?

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## ||||| KEY VERSE

God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.

**1 CORINTHIANS 10:13, NLT**

||||| **WATCH** the video lesson now and take notes in your outline.

## Jesus' Temptation and Your Temptation

- It is not a \_\_\_\_\_ to be tempted.

[Jesus] has been tempted in every way,  
just as we are—yet was without sin.

**HEBREWS 4:15, NIV**

Because he himself suffered when he was tempted,  
he is able to help those who are being tempted.

**HEBREWS 2:18, NIV**

- You will never \_\_\_\_\_ temptation.

Temptation is not a sign of weakness. It is a sign that you are a threat to the Devil.

- After a spiritual \_\_\_\_\_, you can expect a spiritual \_\_\_\_\_.

Jesus, full of the Holy Spirit, returned from the  
Jordan and was led by the Spirit in the desert, where  
for forty days he was tempted by the devil.

**LUKE 4:1-2, NIV**

- Temptation isn't always about your \_\_\_\_\_. Many  
times, temptation is about \_\_\_\_\_.



The temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.

**1 CORINTHIANS 10:13, NLT**

## SEVEN STEPS TO ESCAPE TEMPTATION

- **Step #1: Get into the \_\_\_\_\_.**

You cannot say, "It is written," if you don't know what is written.

I have hidden your word in my heart so  
that I might not sin against you.

**PSALM 119:11, NIV**

- **Step #2: Identify your \_\_\_\_\_.**

Watch and pray so that you will not fall into temptation.  
The spirit is willing but the body is weak.

**MATTHEW 26:41, NIV**

- \_\_\_\_\_ am I most tempted?
- \_\_\_\_\_ am I most tempted?
- Who is \_\_\_\_\_ when I'm most tempted?

- How do I \_\_\_\_\_ before I'm tempted?
- **Step #3:** \_\_\_\_\_ what you're \_\_\_\_\_ going to do.

Plan carefully what you do ... Avoid evil and walk straight ahead. Don't go one step off the right way.

**PROVERBS 4:26-27, TEV**

Plan in advance to stay away from people, places, or circumstances that cause you to be vulnerable to temptation. If you don't want to get stung, stay away from the bees. Plan what you're not going to do, and then stick to your plan.

- **Step #4:** Guard your \_\_\_\_\_.

Temptation is an inside job.

Temptation comes from our own desires,  
which entice us and drag us away.

**JAMES 1:14, NLT**

Above all else, guard your heart, for it  
affects everything you do.

**PROVERBS 4:23, NLT**

- **Step #5:** Pray for \_\_\_\_\_.



God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.

**1 CORINTHIANS 10:13, NLT**

- **Step #6: Refocus your** \_\_\_\_\_.

Whatever gets your attention gets you. The battle for sin always starts in your mind. The only way to win that battle and escape temptation is to change your focus and think about something else.

- **Step #7: Find a** \_\_\_\_\_.

Two are better than one because together they can work more effectively. If one of them falls down, the other can help his friend get up. But how tragic it is for the one who is all alone when he falls. There is no one to help him get up.

**ECCLESIASTES 4:9-10, TEV/GW**

If we had more people in our lives to whom we could confess our temptations, we would have less need to confess our sins.

## Discovery Questions

How do you feel about yourself when you are tempted?

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How does God feel about you when you are tempted?

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How can temptation draw you closer to God instead of farther from God?

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Jesus' only defense when He was tempted was the Word of God. Which verse from this session will you memorize this week? Be prepared to recite it in your next session.

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## Putting It Into Practice

Before your next group meeting, identify the temptation you face most often, and spend some time applying the Seven Steps to Escape Temptation.

**Step 1:** Get in the Word. Make a commitment to spend at least ten minutes a day reading your Bible. Ask a friend to hold you accountable or to partner with you in your daily devotions (see Step 7).

**Step 2:** Identify your vulnerabilities. Make an honest self-assessment of your vulnerabilities. Don't be afraid of this process. Remember, when you know the truth, "the truth will set you free" (John 8:32, NIV).

**Step 3:** Plan what you're not going to do. Plan what you will do to avoid people, places, and circumstances that trigger your vulnerabilities. Stick to your plan.

**Step 4:** Guard your heart. Your eyes and ears are the gateways to your heart. What can you do to "guard your heart" (Proverbs 4:23, NIV)?

**Step 5:** Pray for deliverance. Begin your day with a prayer for deliverance. As Jesus taught us to pray, "Lead us not into temptation, but deliver us from evil" (Matthew 6:13, NIV). Ask God to help you and give you strength.

**Step 6:** Refocus your attention. Begin now to think of a "go-to place" that you can refocus your attention on whenever you are tempted: an activity, a hobby, a project, etc.

**Step 7:** Find a friend. Who do you know that can be trusted? To find this kind of friend, you need to be this kind of friend.

## Prayer Direction

Pray that God will help each of you take the steps to escape temptation.

Pray for your group's prayer requests. Be sure to record their requests on the Prayer and Praise Report on pages 60-61.

## Diving Deeper

For your daily quiet time this week, read the following Scripture passages about Jesus' temptation.

Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13