

# Birmingham Bible Church

## Spring Small Group

### Session 7

## How to Avoid Temptation

<sup>41</sup> Watch and pray, that ye enter not into temptation: the spirit indeed *is* willing, but the flesh *is* weak.<sup>1</sup>

<sup>12</sup> Wherefore let him that thinketh he standeth take heed lest he fall.<sup>2</sup>

<sup>15</sup> So be careful how you live. Don't live like fools, but like those who are wise.<sup>3</sup>

<sup>13</sup> Be on guard. Stand firm in the faith. Be courageous. Be strong.<sup>4</sup>

### PRACTICAL STEPS TO AVOID TEMPTATION

1. Make sure your \_\_\_\_\_ have been dealt with.

<sup>18</sup> Timothy, my son, I am giving you this command in keeping with the prophecies once made about you, so that by recalling them you may fight the battle well, <sup>19</sup> holding on to faith and a good conscience, which some have rejected and so have suffered shipwreck with regard to the faith.<sup>5</sup>

2. Make sure you are filled daily with the \_\_\_\_\_.

---

<sup>1</sup> [The Holy Bible: King James Version](#). (2009). (Electronic Edition of the 1900 Authorized Version., Mt 26:41). Bellingham, WA: Logos Research Systems, Inc.

<sup>2</sup> [The Holy Bible: King James Version](#). (2009). (Electronic Edition of the 1900 Authorized Version., 1 Co 10:12). Bellingham, WA: Logos Research Systems, Inc.

<sup>3</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Eph 5:15). Carol Stream, IL: Tyndale House Publishers.

<sup>4</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (1 Co 16:13). Carol Stream, IL: Tyndale House Publishers.

<sup>5</sup> [The New International Version](#). (2011). (1 Ti 1:18–19). Grand Rapids, MI: Zondervan.

<sup>16</sup> *This* I say then, Walk in the Spirit, and <sup>mye</sup> shall not fulfil the lust of the flesh.<sup>6</sup>

3. Decide in advance to \_\_\_\_\_.

4. Put on \_\_\_\_\_.

<sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>7</sup>

5. Minimize the \_\_\_\_\_ and maximize the \_\_\_\_\_ of giving in.

### SIX CONSEQUENCES OF UNCONFESED SIN

- Fellowship with God is \_\_\_\_\_

<sup>12</sup> Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.<sup>8</sup>

<sup>6</sup> If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. <sup>7</sup> But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

<sup>8</sup> If we claim to be without sin, we deceive ourselves and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. <sup>10</sup> If we claim we have not sinned, we make him out to be a liar and his word is not in us. <sup>9</sup>

- My prayers will not be \_\_\_\_\_.

<sup>2</sup> But your iniquities have separated  
you from your God;  
your sins have hidden his face from you,

---

<sup>6</sup> [The Holy Bible: King James Version](#). (2009). (Electronic Edition of the 1900 Authorized Version., Ga 5:16). Bellingham, WA: Logos Research Systems, Inc.

<sup>7</sup> [The New International Version](#). (2011). (Eph 6:13–17). Grand Rapids, MI: Zondervan.

<sup>8</sup> [The New International Version](#). (2011). (Ps 51:12). Grand Rapids, MI: Zondervan.

<sup>9</sup> [The New International Version](#). (2011). (1 Jn 1:6–10). Grand Rapids, MI: Zondervan.

so that he will not hear. <sup>10</sup>

<sup>9</sup> If anyone turns a deaf ear to my instruction,  
even their prayers are detestable. <sup>11</sup>

<sup>13</sup> Whoever conceals their sins does not prosper,  
but the one who confesses and renounces them finds mercy. <sup>12</sup>

<sup>4</sup> Then they will cry out to the LORD,  
but he will not answer them.  
At that time he will hide his face from them  
because of the evil they have done. <sup>13</sup>

<sup>18</sup> If I had not confessed the sin in my heart,  
the Lord would not have listened. <sup>14</sup>

<sup>7</sup> Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers. <sup>15</sup>

- God \_\_\_\_\_ using me.
- <sup>3</sup> Who shall ascend into the hill of the LORD?  
Or who shall stand in his holy place?
- <sup>4</sup> †He that hath clean hands, and a pure heart;  
Who hath not lifted up his soul unto vanity,  
Nor sworn deceitfully.
- <sup>5</sup> He shall receive the blessing from the LORD,  
And righteousness from the God of his salvation.<sup>16</sup>

---

<sup>10</sup> [The New International Version](#). (2011). (Is 59:2). Grand Rapids, MI: Zondervan.

<sup>11</sup> [The New International Version](#). (2011). (Pr 28:9). Grand Rapids, MI: Zondervan.

<sup>12</sup> [The New International Version](#). (2011). (Pr 28:13). Grand Rapids, MI: Zondervan.

<sup>13</sup> [The New International Version](#). (2011). (Mic 3:4). Grand Rapids, MI: Zondervan.

<sup>14</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Ps 66:18). Carol Stream, IL: Tyndale House Publishers.

<sup>15</sup> [The New International Version](#). (2011). (1 Pe 3:7). Grand Rapids, MI: Zondervan.

<sup>16</sup> [The Holy Bible: King James Version](#). (2009). (Electronic Edition of the 1900 Authorized Version., Ps 24:3–5). Bellingham, WA: Logos Research Systems, Inc.

<sup>9</sup> For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of *them* whose heart *is* perfect toward him.<sup>17</sup>

- God will \_\_\_\_\_ me

**Punishment is retribution for the past. Discipline is correction for the future.**

<sup>19</sup> Those whom I love I rebuke and discipline. So be earnest and repent.<sup>18</sup>

<sup>7</sup> As you endure this divine discipline, remember that God is treating you as his own children. Who ever heard of a child who is never disciplined by its father? <sup>8</sup> If God doesn't discipline you as he does all of his children, it means that you are illegitimate and are not really his children at all. <sup>9</sup> Since we respected our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever? <sup>19</sup>

- God cannot \_\_\_\_\_ me.

<sup>14</sup> The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. <sup>20</sup>

- I am vulnerable to Satan's \_\_\_\_\_.

6. Guard your \_\_\_\_\_

<sup>13</sup> So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world.<sup>21</sup>

## DISCUSSION QUESTIONS

---

<sup>17</sup> [The Holy Bible: King James Version](#). (2009). (Electronic Edition of the 1900 Authorized Version., 2 Ch 16:9). Bellingham, WA: Logos Research Systems, Inc.

<sup>18</sup> [The New International Version](#). (2011). (Re 3:19). Grand Rapids, MI: Zondervan.

<sup>19</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Heb 12:7–9). Carol Stream, IL: Tyndale House Publishers.

<sup>20</sup> [The New International Version](#). (2011). (1 Co 2:14). Grand Rapids, MI: Zondervan.

<sup>21</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (1 Pe 1:13). Carol Stream, IL: Tyndale House Publishers.

1. What did you hear?
  - a. Was there a particular point that stuck out to you?
  - b. Was there a Bible verse that spoke to you personally?
2. What do you think about what you heard?
3. What will you do? How will you put into practice what you heard?