

Birmingham Bible Church

Spring Small Groups

Session 5

The Steps to Overcoming Temptation (Part 1)

Matthew 6:13 (KJV)

¹³ And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

1. Identify what makes me _____

Matthew 26:41 (NIV)

⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

- _____ am I most tempted?
- _____ am I most tempted?
- _____ is with me when I'm most tempted?
- _____ temporary benefit do I get if I give in?
- _____ do I feel right before I'm tempted?

2. Plan to _____

Proverbs 4:26-27 (MSG)

²⁶ Watch your step, and the road will stretch out smooth before you.

²⁷ Look neither right nor left; leave evil in the dust.

3. Guard my _____

James 1:14 (NLT2)

¹⁴ Temptation comes from our own desires, which entice us and drag us away.

Mark 7:21-22 (NLT2)

²¹ For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder,

²² adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness.

Proverbs 4:23 (NLT2)

²³ Guard your heart above all else, for it determines the course of your life.

Physically exhausted	0 1 2 3 4	Energetic & in shape
Discouraged or pessimistic	0 1 2 3 4	Encouraged & hopeful
Bored & disoriented	0 1 2 3 4	Challenged & contented
Spiritually dry or empty	0 1 2 3 4	Spiritually alive and growing
Alone or distant from others	0 1 2 3 4	Close to those you love
Insecure or unsure	0 1 2 3 4	Confident and secure
Wounded or deeply hurt	0 1 2 3 4	Loved & understood
Bitter or angry	0 1 2 3 4	Forgiven everyone
Sad	0 1 2 3 4	Happy
Feel like you've failed	0 1 2 3 4	Successful

Total: _____

Ephesians 4:27 (NIV)

²⁷ and do not give the devil a foothold.

DISCUSSION QUESTIONS

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 it into practice what you heard?