



The Struggle Is Real

Week 3 – Overcoming Temptation

Leader Guide

The Bible tells us that the good things we want to do, we often neglect. And every bad thing we want to stop doing, we often end up committing. The struggle is real! We try and try, but keep falling into the same habits and sins. Let's focus this week on the way out that God has promised us. As individuals and as a group, get a mindset and a plan that ensures progress towards victory!

Jump Start

1. Share one of your “guilty pleasures” (something you enjoy that might be perceived as “out of character” for you).
2. Read James 1:13-15. According to this passage, we are responsible for the choices we make. How does the Bible say we are tempted? Where have you seen this happen in your life?
3. *Temptation is common.* The first part of 1 Corinthians 10:13 says we've not been tempted by anything that isn't common to all of humanity. How does it encourage you to know that anything and everything you are going through is typical and common for the human race? How does feeling like you are “an exception” give us an excuse to sin?
4. *Temptation is necessary.* Read James 1:2-4. How are we supposed to respond to our tests and trials? What happens when we stay strong under the pressure of trials and temptations? Describe a time when you stood fast under pressure and what the result of that was.
5. This Week: Read 1 Corinthians 10:13 and look for God's promise to provide a way out when we are tempted. Identify what temptations you commonly face. Confess those temptations to God and consider sharing them with a close fellow believer. Make a plan on how you can avoid (if possible) or withstand (if you can't avoid) those temptations. Use those temptations as an opportunity to make good decisions, grow your faith, and develop a better relationship with God.

