

# GROWN UP PRAYERS



## WHAT TEMPTS YOU?

When we spend all of our energy trying not to focus on sin, we miss out on following the One who leads us away from temptation.

## **Discussion Guide Wk. 3.**

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### READ OUTLOUD FOR A RECAP

#### **WHAT JESUS SAYS:**

- Belief in me is important, but an inactive faith isn't one I can lead away from temptation. (John 3:16, Matt. 16:24)
- I understand temptation, I have been there. (Heb. 4:15)

#### **WHAT HE DOESN'T SAY:**

- Sin now, ask for forgiveness later. (Rom. 6:15-16)
- You can manipulate God through prayer or dismiss his commands all together and do what you want.
- Temptation is not dangerous.

## CONSIDER THIS

"The opposite of temptation is love." - Pastor Kyle

**Following Jesus leads us away from temptation because he is always leading us into deeper love for the Father and others.**

- Religion promises that if you don't sin, you will be worthy.
- Evil takes you deep into the darkness of life and leaves you there for dead.
- Relationship promises if you follow Jesus, you will find that the purpose of life is on the other side of you.
- Grace pierces that very same darkness and leads you out of it.

## Q + A

**Q: What, why (or by who) are you tempted?**

- Pastor Kyle identified two types of temptations most are lured by; *protection and gratification*.
- What do you think he means by that?
- Which type of temptation are you more drawn to?

# DIG DEEPER

## Read John 3:16 and John 3:20-21

- The most famous verse in the Bible doesn't end with belief in verse 16, but instead goes on to say that those who follow Jesus have forward momentum in their lives toward the light of truth.

**Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God. (NIV).**

- Why do you think people assume that things kept in the dark will stay in the dark?
- What does Jesus promise if we bring our sin into the light? *Read the very next verse **John: 3:22***

22 After this, Jesus and his disciples went out into the Judean countryside, where he spent some time with them,

# LET'S BE REAL

Temptation is the threshold of loss. Its promises never pay out. Conversely, following Jesus is the threshold of life.

**What are some ways you convince yourself that temptation isn't that bad, or that it won't lead to regret?**

Do you think you could use that same power of thinking and redirect those thoughts towards following where Jesus leads? If so, how?

**CHOOSE.**

**ACKNOWLEDGE.**

**DECLARE.**

# Let's Grow Up.

Whose kingdom are you building?

Pastor Kyle challenged us with these next steps:

1. **Choose** to stop the pursuit of protection and gratification .
2. **Acknowledge** that your prayers need to start with surrender.
3. **Declare** that life is always found when following Jesus into the light.

## How to Prayerfully Resist Temptation

1. Ask God "Why am I tempted by this?"
2. Pay attention to the first thing that comes to mind.
3. Read 1 Thessalonians 3:3-4 over yourself in response: "But the Lord is faithful. He will establish you and guard you against the evil one. (2 Th 3:3-4).
4. Thank God for being your deliverer.
5. Repeat as necessary.