



He Gets Us.

JESUS WAS TEMPTED TOO

2023-01-15

Leader Notes

OVERVIEW:

Welcome back to our series, “He Gets Us”! Jesus gets our lives because he was human too. In this series we explore how Jesus knows what we’re going through. He cares and he is able to help you as you trust in him. Our topic this week is, “Jesus was tempted too.” Just like you and me, Jesus was tempted to sin. Scripture talks about the temptation being in the same way and in the same areas as the temptations we faced. We often give in to the temptation before it reaches its full measure of power over us. But Jesus would have faced temptation in full because he never fell to it. Knowing Jesus’ experience with temptation should help us see how fully he gets us and teach us that we too can win the war with temptation. Remember that Jesus faced temptation just like us. He gets us. Our goal for this week is to experience closeness with Christ and a deeper desire to win the war against sin.

ICEBREAKER: But it Looked So Good!

A number of years ago I attended a wedding. The delicious looking cake, specially prepared for the wedding guests, was proudly displayed within few feet of where I was sitting. Part way through the festivities, two little boys decided to sample the cake. Their attempts to be discreet were detected by the pastor, who laughed at their cakey caper! Do you have a story of giving in to the temptation of a tasty treat? Share your story with the group!

STUDY:

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

Hebrews 4:15 NIV

Temptation can destroy our lives if we give into it. The good news is, Jesus gets our temptation. He gets us and He helps us as we trust in Him. God gives us His power and strength to fight temptation and win. Let's start out our study by looking at several truths the Bible teaches us about temptation.

1. Temptation is Never From God

READ: James 1:13-15

13 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; 14 but each person is tempted when they are dragged away by their own evil desire and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. NIV

- What insights do we learn about temptation from these verses?

LEADER NOTE: James 1:13-15, gives us some key insights about temptation. First, God does not tempt us because He cannot be tempted. God is holy, therefore there is nothing in him for sin to appeal to. Second, temptation is something each of us deals with (see vs. 14). Temptation tests our moral strength to resist giving in. Third, being tempted is not a sin. It is when we give in to temptation that it becomes sin. Pursuing a life of sin leads to death.

2. Satan Uses Temptation to Try to Destroy Us

READ: 1 Peter 5:8

8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. NIV

- According to this verse, what strategies can we employ to battle temptation?

LEADER NOTE: In this verse we see two key strategies to battle Satan's temptation. First, "be alert". Have open eyes to what Satan is trying to do. Be on your guard for how he might use temptation in your life. Second, be of "sober mind". To be of sober mind is to be self-controlled. Be disciplined and be on your guard against the enemies' attacks.

3. Know Your Weak Areas and Avoid Temptation When You Can

The Bible teaches us that it is wise to know areas where we might be tempted and to avoid those areas when possible.

READ: 1 Corinthians 7:4-5 and 1 Timothy 6:8-9

- **What temptation areas are we warned about that lead to sin?**

LEADER NOTE:

1 Corinthians 7:4-5 warns us about sexual temptation that comes from a lack of self-control. 1 Timothy 6:8-9 warns about the lure of wealth and the temptation that loving money can have in our lives. If we struggle with temptation in these areas, it is wise to do what we can to safeguard against them.

4. There is always a Way Out

READ: 1 Corinthians 10:13.

13 No temptation[a] has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted[b] beyond what you can bear. But when you are tempted,[c] he will also provide a way out so that you can endure it. NIV

- What do we learn here about how to get out of temptation?

LEADER NOTE: In Paul's day, people struggled with temptation just like we do. Paul reminded his readers that temptation happens to everyone. You are not alone when you struggle with temptation. Others have faced similar temptation and have won the battle. It is possible! God can help you get out of temptation by 1) recognizing the people or situations that give you trouble 2) running from anything you know is wrong. 3) choosing to do what is right. 4) praying for God's help and 5) asking Christ following friends for their help. (adapted from the Life Application Study Bible notes)

Jesus Gets Our Struggle with Temptation:

5. **READ:** Matthew 4:1-11 Satan Tempts Jesus in the Wilderness

- What do you notice in this account about how Jesus fought temptation?

LEADER NOTE: Satan tried to tempt Jesus in areas he thought may be a weakness. To each temptation, Jesus responded with the truth of Scripture. For example, in the first temptation, when Jesus is hungry after 40 days of fasting, Satan suggests he turn stones into bread. Jesus replies, "It is written: 'Man does not live by bread alone, but on every word that comes from the mouth of God.'" (vs. 4). Jesus knew there is something more important than satisfying his physical hunger. That "more important" thing is God's Word.

READ: verses 1-4 again.

- What here reminds you that Jesus gets our struggle with temptation?

LEADER NOTE: Jesus was hungry and weak after fasting for forty days. In that moment of weakness, Satan shows up with a tempting offer to satisfy Jesus' hunger. Jesus knows what it's like to be tempted to satisfy a legitimate desire in an illegitimate way. Although Jesus didn't give in to the temptation, He fully gets us in the struggle.

READ: verses 5-7 again.

- What similar temptation might we face today?

LEADER NOTE: In this temptation Satan invites Jesus to throw himself off a high building to see if God will save Him. In response to this temptation, Jesus quotes Deuteronomy 6:16 - "Do not test the Lord your God." NLT. We may be tempted to ask God to prove His love for us, or to prove to us that He exists by giving us a sign. But in the Bible, God has already given us everything we need to know Him, trust His love and believe Him for salvation. Jesus once taught that if someone does not believe what is written in the Bible, even if someone else were to come back from the dead to warn them, they still wouldn't believe (Luke 16:31). Jesus gets that we are tempted in this area, and He gives us the strength to build our faith and trust in Him.

READ: verses 8-11 again. What temptation did Jesus face? How did He respond?

LEADER NOTE: The temptation Jesus faces here is to put aside the Father's will for His life and instead go for worldly power. In this life, we face the temptation to go for what the world has to offer us - temporary pleasure, wealth, power - rather than God's will and way for our life. Jesus recognized this temptation as a worship issue. Who or what would be most important in His life? Jesus responds with the truth that the top priority in life is to worship God and serve Him alone.

6. How can I fight temptation like Jesus did?

LEADER NOTE: To fight temptation like Jesus did, we must rely on God's power and wisdom. A crucial starting point is a commitment we make to trust Jesus as our Sin Forgiver and Life Leader. God will give us power to fight when we look to Him. God has given us His Word, the Bible, to equip us for the fight. Regularly reading and thinking about God's teachings for us in the Bible helps us take our stand against temptation. (see Ephesians 6:17)

7. What temptation are you struggling with these days?
How can your LifeGroup help you fight the temptation and win?

LEADER NOTE: If your LifeGroup is a mix of men and women, you may want to have the men meet with the men and the women with the women for this question and for prayer. Do what you can to encourage an environment where your group members feel safe to share and ask for help.

PRAY:

O Lord, I choose to seek my relationship with You over anything else in my life. I want to get to know You even more. I trust that as I spend time with You, I will draw more and more strength to overcome temptation. I love You with all of my heart and I want to live right before You. Help me to resist temptation and to rise above it. I want to renew my mind by Your Word. I desire to hide Your Word in my heart that I might not sin against You. My love for You is far greater than my former love for temptation. In Jesus Name, amen.

Source <https://www.dailyeffectiveprayer.org/prayer-to-beat-and-defeat-temptation/>

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