



He Gets Us.

JESUS WAS TEMPTED TOO

2023-01-15

Participant 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?

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?

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?**

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?

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?

READ: verses 1-4 again.

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

READ: verses 5-7 again.

- What similar temptation might we face today?

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

6. How can I fight temptation like Jesus did?

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

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.