

OVERCOMING TEMPTATION

For the week of May 31, 2020

James 1:13-15

Full message available at highpoint.church/currentseries

Goal:

To overcome trials as we look to, learn from, and lean on Jesus.

GET GOING:

- *He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?*” (Micah 6:8). In light of the death of George Floyd, what does justice, kindness, and walking humbly with God look like for us individually and corporately as a church? In what ways are you tempted to ignore these injustices? Take some time to pray for the Floyd family, the officers, our justice systems, and all those involved.
- When was the last time you found yourself in the same place, doing the same thing (silly or serious), and expecting a different result? Who was there? What did you do? What was the result? Would you do it again the same way?
- What surprises you, or grieves you the most about how America views sin? The 5 ways we rationalize our sins include:
 1. “It’s not that bad!”
 2. “Everyone’s doing it!”
 3. “It’s not hurting anybody,…”
 4. “I can stop anytime…”
 5. “It’s my only vice…”

GET GROWING

- James 1:13 reminds us that God is “without the capacity to tempt” (literal translation of the words “cannot be tempted” in verse 13). How does this truth align with your understanding of God? What new question(s) does this prompt?
- Read Epheians 6:10-18 and John 10:1-15. What is one sobering truth about Satan and one comforting truth about God that you need to hold on to?
- Read James 1:14. Jerry Bridges reminds us, *“Our minds are mental greenhouses where unlawful thoughts, once planted, are nurtured and watered before being transplanted into the real world of unlawful actions. These actions are savored in the mind long before they are enjoyed in reality. The thought life, then, is our first line of defense in the battle of self-control.”* How does the analogy of a greenhouse (cultivated with steps) vs a vacuum (an instantaneous impulse without prior prompting) encourage you to make plans in overcoming temptation?

- Which practice step would radically change your trajectory of temptation?
 - When I get help, I overcome temptation! (Proverbs 17:17)
 - When I consider the consequences, I overcome temptation! (Romans 6:23)
 - When I acknowledge the wrong, I overcome temptation! (Proverbs 28:13)
 - When I refuse to bite, I overcome temptation! (1 Corinthians 10:13)
 - I overcome temptation when I take the blame! (Psalm 95:5)

Bonus Challenge

When it comes to overcoming temptation, our plan must be active and not passive. Take 10 minutes this week to retrace your steps around your most common temptation. Process:

- a. What circumstance or who triggers my downfall? (e.g. words, thoughts of failure, time of day, an unhealthy relationship, certain media consumption...)
- b. What safeguards do I need to put in place to guard against this temptation? Be practical (e.g. accountability person/technology, new principles, doing daily devotions, substituting an activity, such as taking a walk, to disrupt my temptation...)
- c. What do you need to confess or what wound do you need to heal that might be causing this temptation?

Memory Verse

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it” (1 Cor. 10:13).

