

## Been There

### When the Urge Is Too Strong

## TALK IT OVER

#### Key Scriptures

*Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."*  
Matthew 4:1-3 NIV

*Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin!*  
Hebrews 4:15 CEV

*And remember, when you are being tempted, do not say, "God is tempting me." God ... never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.* James 1:13-15 NLT

*So, if you think you are standing firm, be careful that you don't fall!*  
1 Corinthians 10:12 NIV

*Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*  
1 Peter 5:8 NLT

*Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way.* Proverbs 4:14-15 NIV

*... And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*  
1 Corinthians 10:13 NIV

*... "People do not live by bread alone, but by every word that comes from the mouth of God."* Matthew 4:4 NLT

*... "Do not put the Lord your God to the test."* Matthew 4:7 NIV

*... "Worship the Lord your God, and serve Him only."* Matthew 4:10 NIV

*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*  
2 Corinthians 7:10 NIV

Start talking. Find a conversation starter for your group.

- What does the word "temptation" mean to you?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- What are some differences between being "tested" by God and being "tempted" by the enemy?
- Read **Matthew 4:1-3**. How does it feel knowing that Jesus understands what it's like to be tempted?

Start sharing. Choose a question to create openness.

- Share about a time when you were tempted and God gave you a way out. What did you learn through that experience?
- Is there a recurring temptation in your life that you need to start fighting? How could you remove that temptation?

Start praying. Be bold and pray with power.

*Father, thank You for sending us Your Son. We know He understands what it's like to be tempted. When we experience temptations this week, please help us to turn from them and toward You instead. We believe that You might test us, but You'll never be the source of temptation. Help us to honor You. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- Decide how you'll resist temptation this week. Then, talk about how it goes with your Community Group.
- Start the *Jesus Can Relate* Bible Plan using Plans With Friends from LifeChurch: [www.go2.lc/beenthere](http://www.go2.lc/beenthere)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.