



September 25, 2022, | David Smith
BEEN THERE, DONE THAT

All of us, at some point in our lives, realize that we can't do it on our own. That is why prayer is our best work.

MEETING AGENDA

WELCOME (10 MINUTES)

This week we are wrapping up our conversation on prayer as Jesus is teaching the disciples how to pray in the book of Luke. Next week we will begin a series on Love for the next eight weeks. If you have not let us know if you will be using the guides for this series please let us know.

Don't forget to take attendance via the attendance reminder email.

ICEBREAKER (10 MINUTES)

What comes to mind when you hear the word "temptation?" How about the word "trial?" What life experiences do you have with one or both?

INTRODUCTION (5-10 MINUTES)

Anchor Verses: Luke 11:1-13; James 1:14; Hebrews 4:15

Do you feel confused when the Bible discusses temptations and trials? Are there particular temptations that cause you to stumble? This week we will return to Jesus teaching the disciples how to pray in the book of Luke and learn how God has provided processes for us to overcome temptation and how He can help us through the trials we face.

INTO THE WORD (25 MINUTES)

1. **Read Luke 11:4 and James 1:13. Think of times when you have struggled with a particular sin in your life. Were there times that you felt God was helping you overcome temptation? How so?**

H.O.S.T. GUIDANCE

[Answers will vary. God helps us overcome temptation in a few comforting ways. In his article, "How God Helps the Tempted," Ron Graham lists some of the ways. First, God stands by the tempted. He is faithful and will not forsake us (1 Corinthians 10:13). He promises to give us strength and help us in our trouble (Psalm 46:1, Hebrews 2:17-18). Second, God limits Satan's attack. He intervenes on our behalf to limit our temptation (1 Corinthians 10:13). Finally, God provides a way for us to escape our temptation. Three ways that God does that as we are tempted is his provision of prayer while we are being tempted (Jude 1:20-21), using scripture against Satan as a sword (Luke 4:1-13, Ephesians 6:17), and testifying who we are as God's sons and daughters (Matthew 10:32).]

2. **If God knows our every thought and the desires of our heart, then why does he ask us to confess our sin? Read the following verses: James 4:17, Luke 8:13, and 1 Timothy 6:11-12.**

H.O.S.T. GUIDANCE

[Answers will vary. James says, "So whoever knows the right thing to do and fails to do it, for him it is sin." James 4:17 God wants us to recognize our sins and flee from them. We must see sin for what it is and not try to minimize or justify it. Luke mentions, "And the ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe for a while, and in time of testing fall away." Luke 8:13 Once we allow temptation to take root in our lives, we are pulled away from God. We are not fully serving God if we are serving our sin as well. Paul in talking to Timothy states, "But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses." 1 Timothy 6:11-12. Sin separates us from God, but He wants us to have eternal life with Him. Therefore, He died for the very sins that plague us.]

3. **David and Samson both gave into temptation. Read their stories in 2 Samuel 11 & 12 and Judges 16:1-31, respectively. Give special attention to the prayer of repentance from each. What were the consequences for them? How did they still go on to impact God's kingdom?**

H.O.S.T. GUIDANCE

[Answers will vary. Only when the prophet Nathan came to him did David acknowledge and repent from his sin with Bathsheba and yet the consequences were severe. 2 Samuel 11:13-14, "Then David said to Nathan, "I have sinned against the Lord." Nathan replied, "The Lord has taken away your sin. You are not going to die. But because by doing this you have shown utter contempt for the Lord, the son born to you will die." Still, David's kingdom continued and his love for God remained. Samson humbled himself before a sovereign God who strengthened him one last time to rebuke the Philistines and their ungodly claims.]

APPLICATION (25 MINUTES)

1. **We learned to “change the line” as needed to avoid crossing over into sin. Read Genesis 39:7-10 and Luke 4:1-13. What are some proactive ways that you can avoid crossing the line of sin when you tempted?**

H.O.S.T. GUIDANCE

[Answers will vary. Writing for Premier Christianity, Nick Page, in his article, "7 ways to stop sinning," gives a few ways we can take action proactively before we reach the line of sin. First, we need to understand our sin. It is vital that we know where our weaknesses are if we want to get ahead of them. Nick says, "We cannot formulate ways to address our sins if we don't know what they are." Second, we need to recognize our triggers. One way Nick says he does this is through journaling which allows him to identify events, places, or even people who have set him off. A third way that we can avoid crossing the line of sin is through distraction, "replacing a simple thought or action with either another activity or a different thought. Prayer, for example."]

2. **Read Matthew 4:1-10 and consider the ways in which the Devil tempted Jesus. How did Jesus respond to each temptation? What does this teach us about how we are to respond when different temptations arise?**

H.O.S.T. GUIDANCE

[Answers will vary. In verses 2-4 the Devil tempted Jesus with physical gratification. Jesus had been fasting and was very hungry. The Devil tempted Him to “reward himself” by turning the stones into loaves. But Jesus saw the danger in this and resisted the Devil's scheme. He knew that His hunger was only temporary but disobeying God's will carry serious consequences. Here Jesus shows us to resist the Devil's lie that, “my life would be perfect if I only had more money, a more attractive spouse, a bigger house,” etc. Jesus teaches us to be content with what God has given us. In verses 5-7 the Devil urges Jesus to test God by trying to force God to act. Jesus was clear, we do not force the hand of God. Being a Christian doesn't mean that we are protected from the consequences of our disobedience or our bad decisions. God loves us and He knows what is best for us. Even when we may not like God's answer, we must realize that His “no” might be for the best. In verses 8-10 Jesus is promised fame and power; the Devil is urging Jesus to commit the very same sin of which he was guilty, pride. Jesus knew that serving Himself was not serving God. We are not to seek after things, we are to seek after God. Moreover, we are not to serve things, this is idolatry. All good things come from God and Jesus teaches us to seek after Him.]

3. **Overcoming temptation happens when you make the decision before you get there! What does this mean to you? When have you been able to see temptation coming and avoid it?**

H.O.S.T. GUIDANCE

[Answers will vary. Take steps to pre-decide. Know the Bible. In Luke 4:1-13 we see how Jesus was able to refer to scripture when resisting Satan. We can always find strength by reading and understanding God's word. Pray. Psalm 50:15 says, “and call on me in the day of trouble; I will deliver you, and you will honor me.” Know your trigger. Consider the following, when am I most tempted? Where am I most tempted? Who is with me when I am most tempted? What temporary benefits cause me to be most tempted? How do I feel right before I am most tempted? Use these verses in relation to your triggers. Romans 12:21, “Do not be overcome by evil, but overcome evil with good”; 2 Corinthians 10:5, “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”; Proverbs 14:8, “The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception. Redraw the line before the trigger point. Use self-awareness and pray for God's wisdom to avoid situations where temptation will be too great. Plan an escape. Know and decide in advance what you can and will do if temptation occurs and becomes too great. “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 Corinthians 10:13]

Prayer Prompts (5-10 MINUTES) (Choose 1 or both)

Supplication – Making requests on behalf of yourself to God [Ephesians 6:18, Philippians 4:6]

1. The verb “supplicate” originates from England in the 14th and 15th centuries as an Anglicized form of the Latin word *supplicatus*, which means “to kneel.” As a group, close your gathering in prayer with everyone that feels comfortable kneeling during the prayer.
2. Here at Fairhaven, we have 70 global staff members that serve in 16 countries. This week spend some time each day praying for the following areas for our global staff:
 - a. Success in learning the language
 - b. Provide relationships to develop with the local people
 - c. Raising financial support
 - d. Health and Safety while serving in the field

PRAYER (10 MINUTES)

Dear God, we all face times of temptations that can be challenging and even debilitating at times. Thank you for providing examples, standards, and direction in your Word that help us to make wise decisions before, during, and after a temptation that help us to stay on track and follow you with our whole hearts. Help us to recognize our unique triggers and look to you for guidance as we traverse our pathway with You. In Jesus' name, Amen.