

James 1:12-18

How to Win Over Temptation!

Life Group Study Guide

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For use by Sugar Grove Church of Christ Life Groups

Life Group Life:

- Make sure everyone in your group knows everyone else. If you have new members take a few minutes getting to know them and learning how they came to be connected to your group.
- In the past week what has been a high or a low or both in your life?
*(Encourage each person in the group to share something from their week that has been a high and one thing that has been a low. There is not right or wrong answer to this question. **This is an exercise that offers the opportunity to celebrate or mourn with each other. For example, if a group member shares a “low” that is really significant stop what your group is doing and pray over/with that person right then and there.)***

Memory Verse:

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

James 1:12

If your group has more than 8 people you may want to break into groups of 4-8 people to facilitate greater participation and discussion. Then come back together at the end of the discussion time and have someone from each group report the highlights of their discussion.

Grow:

- Read James 1:12-13.
- Although the Bible uses the same word in Greek to speak of temptations and tests, the context reveals what God wants us to see. Tests or trials are used by God to grow us in our faith. Temptations are used by Satan to cause us to sin. Trials and temptations are part of everyone's life; Complaining about them reveals our immaturity or misunderstanding of their purpose in our life.
- Read James 1:14-15. What are the steps Satan takes to tempt us? Where does it start?
- What are some legitimate desires we have that Satan tempts us to fulfill in illegitimate ways?
- James describes the process of temptation in verses 14 and 15 as the lust of the flesh (to do), the lust of the eyes (to have), and the pride of life (to be). What are some everyday examples of how we are faced with these temptations?

- What are some practical things we can do to help us resist temptation? (*our connection and relationship as the body of Christ are at the top of this list!*)

Serve:

- Temptations can easily lure the hearts of God's servants. A spiritual partner is a great way to keep ourselves on track and provide opportunity to grow together. Select a same sex partner from within the group who will be your spiritual partner for the remainder of our study through James. Let's take a few moments to select someone (who is the same sex) from within our group, spend a few minutes in prayer with our partner, and discuss how we can encourage each other to resist the temptations that Satan brings us.
- *Take time to break into pairs, pray, and then come back together to finish the group time together.*

Share:

- As Christians it is important that we be watchful and ready to resist all temptations that come our way. Those around us are watching to see if our lives demonstrate God's standards or if we are merely judgmental hypocrites.
- What area that we have discussed today most directly speaks to your heart about how you represent Christ to those who you know best?

Worship:

- Spend the remainder of your group time sharing prayer requests for each other asking your group to save requests for people and events outside your life group until a second prayer. *Remember to be sensitive to the fact that God may have convicted the heart of someone in your of the sin in their life- they need the opportunity to have your group lift them up in prayer in a safe and caring environment.*
- Pray over the requests for members of your group.
- Now ask for any other requests that your group needs to lift up in prayer and pray over these things.
- Close your group time with a brief affirmation that God has put your group together for a reason...

Additional Questions:

- James 1:17 says God is the source of every good and perfect gift. What gifts might help us deal with our evil desires? Look up the following verses for some hints: James 1:5, Matthew 7:7-8, Luke 22:40, Psalm 119:11.