



# STUDY GUIDE

## JAMES: Week 3 6.23.13

### [set up]

What are some of the most common temptations that people experience?

Why would a person who gives into temptation and sins be tempted to blame it on God?

How is giving into temptation like gangrene? Like erosion? Like an explosion? Like a Great Dane puppy? Like an animal trap? What other examples come to mind?

### [digging deeper]

Review or re-read James 1:13-18 as well as share any points, notes or insights that you had from this last weekend's message that impacted you.

How do the following verses strengthen our understanding of temptation from what we are being instructed in the James verses?

John 10:10      Prov. 11:19      Rom. 8:13

How does our flesh, the world and the devil, the "evil trinity" if you will, collaborate to tempt us and lead us to sin?

When we give into temptation(s), why is it our nature to try and manage the sin instead of repent from the sin?

How does 1 Cor. 10:13 speak encouragement and hope to us in the face of temptation?

The take home thought from this last weekend was: "live out your salvation to resist your temptation". What does that mean and how can we do that in actuality?

How does our understanding of who we are in Christ strengthen us during times of temptation?

James 1:17 reminds us that God is good, He does good, what he gives us is good, and how it gives it to us is good. How can reminding ourselves of how good God is and how good he has been to us, help us avoid sin? How do we see this applied in these three powerful accounts: 1 Sam. 12:24, 25 (what Samuel says to Israel), 2 Sam 12:7-9 (when David is confronted by the prophet Nathan after giving into his temptation with Bathsheba) and Gen 39:7-9 (when Joseph resists the temptation to be with Potipher's wife)?

What is the difference between a temptation, a trial and a test. What is the source of each one? How are they similar or connected? Why is it helpful to distinguish between them?

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Read about the following people or passages and determine whether the verse(s) refer to primarily a temptation, a trial or test and explain why:

Ps. 26:2    Gen. 22:1-2    Jeremiah 12:3    Ps. 139:23    Deut. 8:2  
 2 Cor. 8:2    Ps. 66:10    Deut. 13:1-4    Ps. 17:3-5    1 Peter 1:7  
 Judges 2:22    Matt. 4:1-11    Mark 14:38    Job 1:1-2:9

We have all seen examples of countermeasure in movies that have imagery of modern warfare. For example, a fighter jet is being chased by missiles, and launches countermeasure flares to detract or detonate the missiles. Definition of countermeasure: action taken to oppose, neutralize, or retaliate against some other action. Part of living out our salvation in a way that helps resist temptation is using spiritual “countermeasures” in times of temptation. Here are a few of our best countermeasures in our arsenal:

- God’s Word (Psalm 119:11, example of Jesus in Matt. 4)
- Prayer (Matt. 26:41)
- Righteous thoughts (Phil 4:8)
- Relationships with Accountability (Eccl. 4:9-12; Gal. 6:1-2)

## [living it out]

What “deaths” have you experienced in your life because you gave into temptation? What was sustained or brought to “life” because you didn’t give into a temptation?

What sinful actions or behaviors become more of a struggle for you when you are in the midst of a trial?

One of the action points from this last weekend was to literally ask ourselves in moments of temptation: “What will die if I act on this temptation” and “What will live if I don’t act on this temptation”. Interact with the following table to help process and discipline yourself in this exercise:

What are 3 of the strongest temptations in my life?	What will die if I act on this temptation?	What will live if I don’t act on this temptation?
1.		
2.		
3.		

Close this time by using the following guide for prayer.

- 1- Start by thanking God for how good He is
- 2- Thank God for the good He has brought into your life
- 3- Confess any recent sins or temptations acted upon, asking for forgiveness and commit to repent and turn away from those sins and temptations
- 4- Ask Christ to strengthen you, and through His power and your identity as a beloved child of God, resist future temptations

\* If you are in a LifeGroup setting, feel free to have a silent time of prayer for the first 3 questions and then pray for one another on number 4 as well as any other related requests that come to mind.