Study Guide

OPEN	
Describe temptation in your own words. What are some adjectives you would use to describe temptation and its effects? What are some verbs you'd use to describe resisting temptation?	
Temptations are appealing and alluring. Were it not so, we'd all know better than to succumb to them! Temptations are also insistent. They beg to be attended to and appeased right now.	
In this session, Ranjit explores some of the qualities of temptation and how they can seem insurmountable. And yet, God has given us adequate tools to not just resist temptation but to overcome it.	
As you watch, write down how Ranjit David answers these questions.	
Why does Jesus ask the Father to not lead us into temptation?	
What are the three aspects of temptation that we all struggle with?	
Where do temptations come from?	
What makes Jesus the perfect partner in our war against temptation?	
WATCH	
SESSION 7: Deliver Us from Evil (10 minutes)	

REVIEW

Ranjit uses an illustration to explain how the phrase lead us not into temptation is actually a plea for help. To whom does one make a plea? What are some emotions that one faces when making a plea?

Ranjit tells us that culture often tends to downplay the concept of temptation. What are some instances when popular media and culture has goaded you to make light of temptation? How did it impact your ability to biblically respond to it?

It's not just the bad things in the world that lead us away from God. Good things becoming ultimate can also become temptations. Think about some good things in your life that later became destructive—how did you deal with it?

Desires are good and often God-given. Often, we may not have a clear idea as to why we desire what we desire. How do we distinguish whether a particular desire is from God or not, especially when it is not something that is perceived as being 'bad'?

Ranjit reminds us that we do not have to fight temptation on our own but can call for help on Jesus. What are some practical ways in which dependence on Christ can help you in your struggle with sin and temptation?

BIBLE EXPLORATION	
Read Genesis 4:7, 1 Peter 5:8, James 1:13—14, Genesis 3:1—5 and Revelation 12:7—9. What are some words used to describe sin and temptation?	
According to James, what causes us to be tempted? How does this contrast with Peter's view? Based on these opinions, how would you describe temptation?	
What are some phrases that have been used to describe Satan?	
<b>Read Matthew 4:1—11.</b> What were the three ways in which the devil sought to tempt Jesus. What do you think was at the heart of each of these temptations? In what ways do you observe the same type of temptation manifesting in your life?	
Based on the setting and context, what is the significance of the timing of Satan's attack? Do you find yourself being more vulnerable to temptation at specific points?	

How do you think this temptation revels Jesus' heart? In what ways do times of testing and temptation reveal our own hearts?

Read Leviticus 16, Exodus 30:10, Hebrews 2:17, 4:14—15, 5:1—6, Hebrews 7:26—27. What was the chief role of the high priest? In what way is Jesus our high priest?

What makes Jesus a better high priest than the Levitical priests?

LAST WORD	
The Bible is replete with references to people who have succumbed to temptation. However, there are also inspiring examples of those who have successfully overcome it. Time and time again, we are assured that God is with us as we face and fight temptation. Being tempted is in itself not a sin. Even Jesus was tempted. The fact that the Bible mentions this as a 'temptation' tells us that this thing called temptation was something that Jesus actually struggled with. In the Bible narrative, as we read about how Jesus countered Satan, His replies can seem like glib dismissals that cost Him no second thought. The Bible however tells us that Jesus was tempted not merely that Satan tried to tempt Him. Jesus faced the challenge and lure of temptation in full measure. He gets it and He can get you out of it.	
LIVE IT OUT	
Select at least one activity below to complete before watching the next session.	
Memorize: Commit Hebrews 4:15 to memory.	
Journal: We all have predictable patterns in which we are tempted and eventually succumb. Think back to the patterns you've observed in your own life before yielding to a particular sin. Wirite down a plan of action with practical steps you could take to counter the temptations you face.	
<b>Share:</b> Do you have a godly friend, mentor or accountability partner with whom you can share your	

rightnow MEDIA

struggle? Ask to meet at least once a month to pray together about the temptations that you struggle with.