

Zechariah 3:1-2; Hebrews 2:8; Luke 4:1-13

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### Notes

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**Memory Verse:** "Since he himself has gone through suffering and testing, he is able to help us when we are being tested." - Hebrews 2:18

**Next Week's Verses:** Psalm 77:11-12; Acts 19:11-12; John 2:1-11

## Digging Deeper



For More Information

### Daily Challenges

Choose one or more to do this week.

- Choose one temptation that you repeatedly experience. How you respond to it? Do you resist? Give in? What strategies have helped you overcome it in the past? Determine what you will do next time you're tempted in this way, and be prepared to lean on Jesus and overcome!
- Choose a meaningful Scripture verse for help during temptation, and copy it onto a sticky note or index card. Keep it handy, and when you find yourself facing temptation, look at it as a reminder of the help Jesus offers.
- Change a behavior this week that causes you to give in to temptation. Perhaps you should not go to a certain place, spend time with a specific person, or participate in a particular activity. Whatever situation it is that challenges your resolve, eliminate it this week, see how that might help you make the right choices.

### Further Study and Discussion throughout the week

Use the following passages and questions to explore additional Biblical insights about your heart.

**Monday**—2 Corinthians 2:10-11  
How can you be more united with other Christians in fighting temptation? How does this passage convict you of a relationship in which you're letting a grudge get in the way of accountability?

**Tuesday**—1 Corinthians 10:13  
Does this verse always feel true? Explain. How can this promise help you face temptation?

**Wednesday**—Ephesians 6:13  
How can the armor of God help you stand your ground? What has helped you keep standing when temptation threatens to knock you down?

**Thursday**—James 4:7  
What does it mean to resist the devil? What does it have to do with submitting to God?

**Friday**—1 Peter 5:8-9  
In what ways do you need to be more alert to temptation in your life? How have you seen Satan sneak temptation in?

**Saturday**—James 1:13-15  
What excuses have you heard for why people give in to temptation? What excuses have you made? How does this verse debunk those excuses?

### Talk Topics

What do you like about Jesus' approach in facing temptation?

Have you found any helpful methods of fighting temptation in your life? What works the best?

Tell about a time you felt a strong temptation.

Share honestly about the struggles you had and how you overcame the temptation.

Talk about the times temptation hits you the hardest.