

THE RING

HERITAGE

ICE BREAKERS:

- What's your favorite food?
- Do we all have the same favorites?
- Is there a food that tempts but you shouldn't eat?
- How many have a sweet tooth?
- What's your weakness?

READ & EXAMINE

Read James 1:13-16

Review of Last Week's Facts...

FACT—God cannot be tempted, nor does He tempt.

God doesn't desire the things we desire. He does not want power—He is all powerful; He doesn't want money—He has infinite resources; He doesn't want knowledge—He is all knowing!

FACT—All are tempted.

It doesn't matter who you are or how deep your relationship is with God. You will be tempted! Remember, temptation isn't sin! Giving in is!

NEW FACTS

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Read 1 Corinthians 10:13

- "and God is faithful."
How faithful has God been to you?

FACT—"He will not let you be tempted beyond what you can bear."

God permits us to be tempted because He knows how much we can take.

- Does He really know what I can bear? How?
- Why does God let us go through temptation?

Read 1 Corinthians 10:13 again.

FACT—God will provide a way out.

He always provides a way to escape if we will trust Him and take advantage of it. There is always a way out of temptation. Look for it!

3 Ways to Deal with Temptation

The believer who thinks he can stand may fall, but the believer who flees will be able to stand.

1. Remove!

- If you have a thorn in you, what should you do?
- If you don't remove it, what could happen?
- What kind of temptations could be removed?

2. Run!

Read Genesis 39:1-20

- How did Joseph deal with temptation? (vs. 12)
- Is there a time to run from temptation?

3. Rely!

- Do you rely on the promises of God?

Read Philippians 4:13

- What is the promise here? How can it relate to dealing with temptation?

Read Joshua 1:5

- What is the promise here? How can it relate to temptation?