**Truth vs. Lies 4 - about Temptation**

**Leader’s Notes**

**HOOK**

**What food is your greatest weakness?**

**Which of the following sins tempt you the most: Materialism; Pride; Self-centeredness; Laziness; Anger; Sexual lust; Envy; Gluttony; Lying; Other?**

**BOOK/LOOK**

**Read Genesis 3:1-19**

**Why was the forbidden fruit so tempting? (**because it was forbidden; it was tasty; it was pleasing to the eye; it promised wisdom)

**Did Adam or Eve accept responsibility for their disobedience to God?**  (not really)

**What were the consequences of their sin?** (Pain in childbirth; harder and less fruitful work; physical death)

**Read 1 Corinthians 10:1-13**

**What sins are listed that God punished Israel for? (**Idolatry, sexual immorality, testing God and grumbling).

**What are the negative consequences of sin? (**we destroy our fellowship with God (1 John 1:7); and we lose the joy of our salvation (psalm 51:12); God may stop listening to your prayers (Psalm 66:18); we turn unbelievers away from Christ)

**Read 1 Pet. 1:16**

**Why is holiness important?** (Because it honors God’s character, and lives out the truth of our identity as a holy people. It glorifies God.)

**Read 2 Pet. 1:3,4. What gifts has God given us that are weapons of spiritual warfare we have against temptation? (**The Holy Spirit, His Word, spiritual armour, spiritual discernment, prayer)

**TOOK**

**What helps you most to resist sin: Prayer; Avoiding compromising situations; Bible study;**

**Being accountable to someone; Worship; Other?**

**How do we clothe ourselves with the Lord Jesus Christ (Rom. 13:14)?**

**Why should we be confident in prayer for help to resist temptation? (Heb. 4:15,16)**

**Pray for each other as each one expresses their needs.**

**Lie #1 – You’re not responsible for your sin.**

**“The Devil made me do it.” “God made me this way.” “I had no choice.” “He had little education.” “Your parents are to blame.”**

**Truth – the source of our sin is our own evil desire (James 1:13-15)**

**Lie #2 – Sin will make you happy and there are no consequences**

**Truth – Sin might make you happy for a season, but there’s a point when it starts to dominate and it will destroy your life.**

**Lie #3 – Everybody sins, so sin is no big deal.**

**Truth - Holiness matters because it honors God. (1 Pet. 1:16)**

**Lie #4 – My temptations are too hard for me. There’s no way out.**

**Truth – There’s always a solution, a way out of sin. (1 Cor. 10:13)**

**Declaration: I choose to be holy because sin destroys my life and holiness honors God. There’s always a way out of temptation. My choice to sin is the reason why I need a Savior. I’m thankful that, even after I sin, I’m loved by God and can receive His forgiveness. Praise Jesus who shows mercy and grace to me when I need it. He is faithful and just to forgive my sin and cleanse me from all unrighteousness.**