

**STOP TRIPPING OVER TEMPTATION – JAMES 1:13-17**  
“The problem with temptation is; it’s so tempting” – Rick Warren

**Quick Reference Guide to Trials and Temptations:**

Each can significantly change the trajectory of our life

- Trials can \_\_\_\_\_, grow \_\_\_\_\_, and help us progress in \_\_\_\_\_
- Temptations can \_\_\_\_\_ and lead to tragic \_\_\_\_\_.

They call for very different responses

- Pray for wisdom to \_\_\_\_\_ trials, but resolve to \_\_\_\_\_

Both provide an opportunity to prove our \_\_\_\_\_

**Truth About Temptation:**

- Temptation needs to be \_\_\_\_\_
- Temptation is \_\_\_\_\_ and \_\_\_\_\_, but not new or \_\_\_\_\_
- It’s not a sin to be tempted it’s a sin to \_\_\_\_\_ temptation
- We must \_\_\_\_\_ in temptation.
- We need to \_\_\_\_\_ to face temptation
- Temptation always follows the same \_\_\_\_\_ and we can learn to \_\_\_\_\_

**Four Stages in The Process Of Temptation: 1:14-15**

\_\_\_\_\_ → \_\_\_\_\_ → \_\_\_\_\_ → \_\_\_\_\_

**A Strategy to Overcome Temptation:**

1. Victory starts with \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_, don't try to \_\_\_\_\_
4. \_\_\_\_\_ with God’s word
5. Be \_\_\_\_\_ and counteract it

**Final Thought:**

If you’ve \_\_\_\_\_, ask God for \_\_\_\_\_

**For Further Thought:**

Do you think the types of temptations we face change with the different stages of life we are in? If so how?

If God provides a way out (above verse), why do we so often give in?

What is your thought process before you give into temptation? What are your very first steps? How can you avoid taking them?

To prevent ourselves from falling into temptation, we need to set up safeguards to resist and avoid temptation. We also may need to develop strategies to help us flee from temptation. Can you think of any safeguards or strategies you have seen others use or you yourself have in place to resist and/or avoid temptation? If so, explain.

Two questions we face in temptation. Will we trust God to meet our needs or take matters into our own hands? Will we compromise to get ahead? How do you answer these questions?

The Lord teaches us how to pray in Matthew 6:13. He instructs us specifically on prayer regarding temptation. What is Jesus’ teaching on prayer and temptation? Why do you think he teaches us to pray in this manner? Do you pray in this way?

How does Galatians 6:1-5 show us how to help those who are asking for help to overcome temptation they have given in to?