



# GROUPS AT CROSS POINT

## BREAKING THE ICE

If you could eat one thing for the rest of your life, what would it be and why?

Is bad food a temptation for you? If so, is there a specific food that is more of a temptation?



## MAIN CONTENT

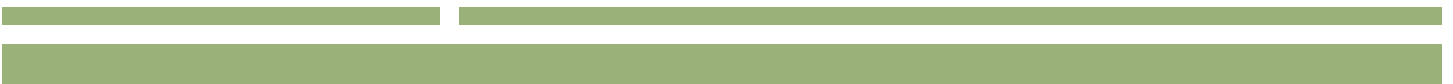
This week our Creative Pastor, Drew Powell, continued our series called, “Trust Fall.” We picked up in the Lord’s Prayer at the verse, “And lead us not into temptation but deliver us from evil.”

1. What does the phrase, “deliver us from evil” mean to you?

When we read this verse in Matthew 6:9-13, we can see that the “evil” is actually the evil one. There is an evil presence that wants to do anything to take us out of our relationship with God.

Our relationship with God is the most important relationship in our lives. When we indulge in unhealthy temptations, it’s a way the evil one tries to separate us from our relationship with God. When we pray, “and lead us not into temptation but deliver us from evil,” we are asking God to help us not fall into temptation and to deliver us from the one trying to tempt us.

2. What temptations have you had in your life that have had the potential to disrupt your relationship with God?





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## MAIN CONTENT

When we ask God to help “deliver us from our temptations,” He gives us the strength to do so. It’s important to know our temptations are not our sin and the guilt and shame from temptations are not from God. God wants to give us the power to overcome temptations.

There’s a difference between tempting and testing. When we are in a place of testing, God wants us to use the strength He gives us to get through our situations and temptations.

In Matthew 4:1-10, we see where Jesus was tempted in three ways by the enemy: physically, emotionally and through control. These temptations are still ways the enemy tries to tempt us.

When we are tempted physically, we tend to do what feels right and take our focus off Jesus and others, focusing on ourselves.

3. Where do you tend to be physically tempted? How have you overcome those physical temptations?

Emotional temptation happens when we question God’s love for us. It’s when our insecurities start telling us lies about who we are. But God wants us to remember He sent the ultimate sacrifice, His son, for us so we could live in the freedom and grace He has for us.

4. Where have you been emotionally tempted? What lies have you told yourself through that temptation? How has God helped you through that temptation?

It’s important to remember God’s never-ending love for us. There is nothing we can do to separate us from Him. His forgiveness comes immediately when we ask for it and He forgets our sins once we accept His forgiveness.





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The last type of temptation the enemy tries to use against us is the temptation of control; to be in control of your own life and to go with our plan instead of God's plan for our lives. This type of temptation causes us to bypass His plans, and use our own plans to make it easier. However, when we try to control things, it can actually make it harder for us.

5. Where have you been tempted to take control of your life? How has that affected you?

When these temptations come to us, it's important to go back and know what God says about us.

Read Matthew 3:17.

Just as God is pleased with Jesus, He is pleased with us. He loves us. He wants us to overcome our temptations and be delivered from evil just like the Lord's Prayer states, we just have to ask Him for His help to overcome.

6. When you are tempted, do you pray and ask God for help? Why or why not?

When we work to overcome our temptations, our **Why** has to be greater than our **Try**. Our why is growing closer to Jesus and not wanting anything to separate us from our relationship with Him. It's less about our sin and more about our character and living with Him.

7. Where do you need God to help you overcome your current temptations?





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## PRAYER

Father God, thank you for helping us overcome our temptations. Thank you for giving us the strength and power through your son, Jesus, to overcome the things that try to separate us from you. When we need your support physically, will you help us overcome those physical temptations? Please show us your love when the enemy tries to tell us lies about who we are and remind us who we are in you. And when we seek to control a situation, will you show us that your way is easier and help us depend on your plans instead of our own? In Jesus name, Amen

## ACTION STEP

Where do you need prayer for your temptations? Ask someone in your group to pray with you about these temptations. Trust God this week with your temptations and keep each other updated on how God works in your life.

