

# IT IS WRITTEN

## Overcoming Temptation

**Focus** All of us are called to be overcomers. Jesus overcame temptation by three simple words, “It is written.” In order for every believer to overcome we must read and study the Bible so we will be able to say, when we are tempted, “It is written.”

**Fun** Did you like to read when you were a kid? Why or why not? Name one thing that you have read either in your school days (Bible, etc.) that has always stuck with you. Why was this so impacting for you? Explain.

**Review** Key Scripture: Matthew 4:1–10

There are three main temptations we all face. They affect the way we respond in every situation. When faced with these temptations Jesus’ response was, “It is written.”

- *Provision: Matthew 6:33; Philippians 4:19*

The first temptation was about provision. Jesus was tempted to provide for Himself. However, Jesus said it is more important to receive from the Father and to allow God to provide every spiritual and physical need. We’ll never be able to trust God with our every need unless we know what is written and we will never know what is written unless we first read it!

- *Protection: Psalm 127:1; Isaiah 52:12; 2 Thessalonians 3:3*

Jesus learned what was written by studying the Bible. Jesus increased in wisdom, favor and in stature. Jesus studied the Scriptures and increased in wisdom. The Bible says that God is our protector. In order for us to walk in peace we must know God’s Word and what it says about where our protection comes from.

- *Power: Matthew 22:29; Revelation 12:11*

We will never know God’s power unless we know God’s Word. We can trust God for power to overcome the enemy by knowing God’s Word. It is God’s Word that will give us

the confidence we'll need during times of temptation. Since Jesus Himself used the Word of God to overcome temptation then we can too.

**\*Group Dynamics Idea\*** Having fun and doing something outside of the small group context is a great way to build relationships. Find someone in your group that can plan a fun activity for the group to do together.

- Discuss**
1. Can you think of a time God put a scripture on your heart or you read a Bible verse that really encouraged you?
  2. What are some of the biggest challenges people face that keep them from reading and studying the Bible?
  3. Read Matthew 6:25–34. Is this passage of Scripture encouraging to you? How can you practically apply it to your life?
  4. Read all of Psalm 91. Get in pairs and take time to pray it over each other. (For example: “Lord, I pray that he/she would dwell in the secret place of the Most High and abide under your protective shadow.”) Afterwards, debrief together. What was this experience like? How could you pray this over yourself, your family and others more regularly?
  5. Is there a specific area of your life in which you're having a difficult time? How could finding scriptures about it be helpful to you? Encourage each other to find one scripture this week that will help you.

### **Take Home**

As we conclude, remember the following:

- The key to overcoming temptation is knowing God's Word.
- God's Word promises that He will provide all we need.
- God's Word promises that He is our protector.
- God's Word promises that we have power and authority in Jesus' name.
- Purposefully read, study and meditate on God's Word.

### **Prayer**

Father, I ask You to help me be disciplined to read and study Your Word. Thank You for the promises in Your Word that You provide all I need, protect me and give me Your power. Please continue to give me revelation and understanding as I read and study Your Word. In Jesus' name, Amen.

**\*New Leader Tip\*** Taking time to pray for each other is one of the quickest ways to build a strong spiritual bond with your group. Prioritize a time of prayer each week in your group.