



Session #6 – Trials and Temptations

True or False:

Please answer the following True or False questions based on what you believe about trials and temptations.

- 1) T ___ F ___ Temptation is an invitation to sin, but not the sin itself.
- 2) T ___ F ___ God tempts people to do wrong to test their faith.
- 3) T ___ F ___ Even Jesus struggled with temptation.
- 4) T ___ F ___ Satan is the source of all our temptations.
- 5) T ___ F ___ God will not allow people to be tempted beyond their ability to resist.
- 6) T ___ F ___ Feeling tempted to do something wrong is considered a sin.
- 7) T ___ F ___ Ignoring temptation is always the best way to overcome it.
- 8) T ___ F ___ Trials and temptations are allowed by God to strengthen our moral character.
- 9) T ___ F ___ The first temptation Jesus faced was to turn water into wine.
- 10) T ___ F ___ Knowing and reciting scripture is the best tool for resisting temptation.
- 11) T ___ F ___ If you have enough faith, you will never experience trials or tribulations.
- 12) T ___ F ___ Trials are always a sign of God's punishment for a specific sin.
- 13) T ___ F ___ God can use trials to make a person more like Jesus.
- 14) T ___ F ___ Tribulations are only experienced by unbelievers.
- 15) T ___ F ___ All things, including trials, work together for good for those who love God.
- 16) T ___ F ___ God is disappointed and displeased when we are tempted.
- 17) T ___ F ___ When I am spiritually mature, I will no longer be harassed by temptation.
- 18) T ___ F ___ Temptations follow no pattern. They just happen.

The Differences Between Trials and Temptations

- 1) Trials are difficult circumstances allowed by God to test and strengthen our faith, intended to produce maturity.
- 2) Temptations are enticements to sin, usually initiated by the devil or internal desires, aimed at causing failure.
- 3) Trials are designed to make you stand, whereas temptations are designed to make you stumble.



7 Common Misconceptions About Temptation

Satan can use our misconceptions against us to trip us up. Knowing the truth can give us power over temptation. **(2 Corinthians 2:11)**

- 1) Misconception #1 - Temptation is _____
 - a. Temptation is an enticement to misuse our God-given desires.
 - b. Jesus Himself was tempted. **(Hebrews 2:18 and Hebrews 4:15)**
 - i. **Matthew 4:1-11** describes Jesus' temptation in the wilderness.
 - c. The enemy can use this misconception to convince us that we might as well sin since we already thought about doing it.
- 2) Misconception #2 - We _____ Into Temptation
 - a. We make a personal choice whether to resist or entertain temptation.
 - b. With every temptation, God has provided a way of escape. **(1 Corinthians 10:13)**
 - c. With this misconception, the enemy tries to convince us that we are not responsible for giving in to temptation.
- 3) Misconception #3 - God is _____ When We are Tempted
 - a. Expectation is an essential element for disappointment.
 - b. God expects us to be tempted and He can see the future, therefore He is not disappointed.
 - c. *We* may be disappointed when we fall below *our* expectations.
 - d. God has reserved a blessing for us when we endure temptation. **(James 1:12)**
 - e. The enemy can use this misconception to convince us that God is already disappointed so we might as well commit the sin.
- 4) Misconception #4 - Being Strongly Tempted Means We are _____ of Sin
 - a. When temptation seems to get stronger and harder to resist, it is a sign of godly character being developed within you.
 - b. Strong temptation may be a sign that Satan has upped his attacks on you because you are becoming a threat to him. **(1 Peter 5:8)**
 - c. However, don't be too quick to blame the devil. **(James 1:14)**
 - d. Like misconception #1 above, the enemy can use this misconception to convince us that we might as well do it since we already thought about doing it.



5) Misconception #5 - Temptations Follow No _____, They Just Happen

a. Patterns of temptation we should be mindful of include:

i. Periods of _____

1. Read about David's sin with Bathsheba in **2 Samuel 11**.
2. Remember the phrase: "The idle mind is the devil's workshop."

ii. Periods of _____

1. Read about Elijah in **1 Kings 19**.
2. When we are physically and emotionally weary, we let down our defenses.

iii. _____ in our Heart Toward God

1. Read about Jonah in **Jonah 4**.
2. When we deliberately rebel against God, we open the door for the enemy to defeat us.

iv. Periods of _____ Stress

1. Emotional stress hammers away at our emotional resources.
2. The strength of our will is often affected by our emotional state.

v. After Great Spiritual _____

1. Over-confidence can open the door for the enemy to blindside us.
2. Don't ever let down your guard, especially when God is working in you.

b. The enemy can use this misconception to keep us from being prepared for temptation.

6) Misconception #6 - We Overcome Temptation by _____ from It

a. We should flee from temptation when we are geographically able to do so. (**1 Cor. 6:18, 2 Timothy 2:22, and 1 Cor. 10:13-14**)

i. Read about Joseph and Potiphar's wife in **Genesis 39:11-12**.

b. The real battle is in our mind, not our location.

c. The enemy can use this misconception to keep us from dealing with the root of temptation, our ungodly thoughts and desires.

7) Misconception #7 - When I Am Spiritually _____, I Will No Longer be Tempted

- a. The more godly you become, the stronger you become, and the more Christ-like you are, the more the enemy will attack you because you become a greater threat to him.
- b. Jesus was the biggest threat of all, so Satan tempted Him personally.
- c. Recognize stronger temptation as an indication that your life is counting for the Lord. Praise God!
- d. Temptation is not a sign that you are weak, it is a sign that you are strong.
- e. The enemy can use this misconception to keep us off our guard and to discourage us when we are tempted.



How to Deal with Temptation

- 1) Recognize Its _____
 - a. First of all, God is never the source of our temptations. **(James 1:13)**
 - b. The source of temptation's power in our lives is our desires. **(James 1:14 and 1 John 2:15-16)**
 - c. Temptation gains power over us by offering to give us what we want. In reality, its goal is to take everything we have. **(James 1:15)**
- 2) _____ When Possible **(Gen. 39:11-12, 1 Cor. 6:18, 2 Tim. 2:22, and 1 Cor. 10:13-14)**
 - a. Don't purposely put yourself in compromising situations.
 - b. Look for the way of escape God has provided.
- 3) _____ Your Mindset **(Romans 12:2, Romans 13:14, 2 Corinthians 10:3-5, and 1 Peter 1:14)**
- 4) _____
 - a. By resisting the devil. **(James 4:7 and 1 Peter 5:8-9)**
 - b. By putting on God's armor. **(Ephesians 6:11-18)**
 - i. The Belt of Truth
 - ii. The Breastplate of Righteousness
 - iii. Boots prepared to go and share the Gospel
 - iv. The Shield of Faith
 - v. The Helmet of Salvation
 - vi. The Sword of the Spirit
 - vii. Prayer
 - c. With perseverance. **(Ephesians 6:18 and Hebrews 12:4)**
 - d. With God's help. **(1 Cor. 10:13, Eph. 6:10, Isaiah 41:10, and 1 Cor. 15:57)**
- 5) _____ God's Word
 - a. Recall previously-memorized scriptures concerning the temptation at hand. **(Psa. 119:11)**
 - b. Follow Christ's example when He was tempted in the wilderness in **Matthew 4:1-11** and **Luke 4:1-13**.
- 6) _____ for God's Help **(Mark 14:38 and Ephesians 6:18)**



How to Deal with Trials and Tribulations

Start by writing down a few examples of trials or tribulations you are facing or may face:

_____	_____
_____	_____
_____	_____

1) Determine the _____ of the Trial

a. It may be your own sin or bad choices.

- i. If your trial stems from consequences of your sin, we'll talk about how to deal with sin in the next Session.
- ii. If your trial is because you made a wrong decision, use the principles in this Session and in Session 5 to help you make better choices in the future.
- iii. Make sure your sin is not the cause of other people's trials or temptations.

(Matthew 18:7 and Mark 9:42)

b. It may be the enemy or the world.

- i. The enemy will try to steal our peace, instill fear, and destroy us through trials.

(John 10:10 and John 15:18-20)

- ii. We don't have to fear the enemy or the world. **(Jn 16:33, 1 Jn 4:4, 1 Jn 5:4-5)**

c. It may be God Himself.

- i. Read about how God tested Abraham in **Genesis 22**.

- ii. Follow Abraham's example of trusting and obeying God through the test. **(Hebrews 11:17)**

d. It is NOT 'Fate' or 'bad luck' since God ultimately allows every trial we face.

2) Get the Right _____

- a. Recognize that trials are the tools God uses to strengthen your faith, build your character, and make you more like Christ. **(James 1:2-4, 1 Peter 1:6-7, and Romans 8:18)**

- b. Trials are momentary compared to eternity. **(2 Corinthians 4:16-18 and 1 Peter 1:6)**

- c. Trials are small compared to God's power and might. **(Jeremiah 32:17, Jeremiah 32:27, and Psalm 34:17-19)**

3) _____ God to Help You Through Them **(Psalm 55:22, Psalm 37:39-40, Isaiah 41:13, Luke 6:47-48, and Philippians 4:12-13)**

4) Let Them Do Their _____ in You **(James 1:3-4 and 1 Peter 1:7)**

5) Use What You Learn to _____ Others **(2 Corinthians 1:3-7)**



Verses about Trials and Temptations

Practice finding verses in your Bible by looking up the following verses concerning trials and temptations. Write the verse or a summary of the verse in the space provided. Choose your favorite verses and commit them to memory.

Hebrews 2:18 - _____

1 Corinthians 10:13-14 - _____

James 1:12 - _____

1 Peter 5:8-9 - _____

James 1:13-15 - _____

1 John 2:15-16 - _____

2 Corinthians 10:3-5 - _____

James 4:6-10 - _____

Ephesians 6:10-18 - _____

Mark 14:38 - _____

John 16:33 - _____

James 1:2-4 - _____

1 Peter 1:6-7 - _____

Romans 8:18 - _____

Psalms 55:22 - _____

Psalms 37:39-40 - _____

Philippians 4:12-13 - _____

2 Corinthians 1:3-7 - _____

Isaiah 41:13 - _____