

Through the New Testament

A 90 day chronological reading plan



1/12-1/20 Discussion Guide

Read Matthew 4:1-11

After Jesus has been fasting for 40 days He is tempted 3 times. He is tempted to eat when He has been called to fast. He is tempted to test God when He knows He can trust God. And He is tempted to worship Satan when God is the only person we should worship.

What does it mean to be tempted?

Have you ever been tempted to sin?

How did Jesus fight temptation?

Jesus fought the temptations through knowing and saying Bible verses. We are tempted to do things that God doesn't want us to and sin over and over again, it can be hard to resist temptation, but we can follow Jesus's example. Knowing what the Bible tells us to do can help us to make the right decision when we are tempted to sin.

If we are tempted to disobey our parents, we can remember Ephesians 6:1 "Children obey your parents as you would the Lord for this is right."

If we are tempted to lie we can remember Proverbs 12:22 "Lying lips are detestable to the Lord, but faithful people are His delight."

If you are tempted to follow and worship anything other than Jesus we can remember Matthew 6:33 "But seek first the kingdom of God and all these things will be provided for you."

Do you know any other Bible verses that can help when you are tempted to sin?

Look up verses to help fight specific temptations that have been mentioned.

Pray - thank God that He helps us resist temptation through His word, His example, and His strength and ask God for help with a sin that you feel tempted to do a lot.