**Study Series: Truth and Lies**

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**Lesson Title: “Voices in Temptation” (pp. 6-15)**

December 6, 2020 Session 01

**The main point of this lesson is:** Temptations will come to us, but we need not yield to them.

**Focus on this goal:** To help adults resist Satan’s temptations to sin.

**Key Bible Passage:** Matthew 4:1-4

**Before the Session**

**Prepare** to give a brief mini-lecture on the background of 1 Peter as discussed in Day Two. (Step 3)

During the Session

**Step 1. Introduction / Discussion Starter**

**Invite participants to brainstorm** with you things that some people find to be great weaknesses.

**Keep things light** at this point by **setting the tone** with an example likely to resonate with your group (decadent desserts, the latest techno gadget, clearance sales, the current fad game app, or so forth).

**Ask** whether or not (and how, if appropriate) participants attempt to resist these weaknesses.

**After a few minutes** of discussion, **stress** that each of us has weaknesses toward sin, that Satan brings to us temptations to sin, and that resistance of Satan’s temptations is vital to our spiritual health.

**Point out** that Jesus showed us the way to resist when He was tempted by the devil.

**Step 2. Day One – Hidden in Plain Sight**

**Direct attention** to the Day One title, “Hidden in Plain Sight” (p. 6).

**Give an example** of when you or someone you know looked for something hidden in plain sight (glasses on top of one’s head, car keys in one’s hand, etc.).

**Ask** who has had the experience at some tome of being told, “If it were a snake, it would have bitten you!”

**Ask** how the title relates to Satan and the temptations to sin he sets before believers.

**Invite a volunteer to read** the next to last Day One paragraph (pp. 6-7).

**Step 3. Day Two – Satan’s Schemes**

**Explain** the background context of 1 Peter.

**Ask** what temptations might accompany times of suffering or persecution.

**Invite a volunteer to read** 1 Peter 5:8-9.

**Ask** what the verses reveal about Satan and his temptations.

**Ask** what direction Peter gave regarding resisting Satan’s temptations to sin (be self-controlled, be alert, resist, stand firm, recognize the commonality of suffering).

**Lead the group** to unpack each of Peter’s words of guidance to believers, determining how each relates to resisting temptation.

**Ask** the Day Two Discussion Question (p. 8).

**Invite responses** to Day Two activity 2 (p. 9).

**Step 4. Day Three – Group Training**

**Pose** the Day Three Discussion Question (p. 9).

**Ask** why Satan would employ such a strategy.

**Recap** the author’s explanation about Roman soldiers’ training (p. 9), emphasizing the fact they never trained alone.

**Invite a volunteer to read** Ephesians 6:10-12.

**Guide participants** to draw applications from the passage in light of Satan’s efforts to isolate believers and the fact the soldiers Paul used as an example did not train in isolation.

**Allow volunteers to share** their responses to activity 1 (p. 9).

**Brainstorm** ways believers can be of help in resisting the types of temptations and situations shared.

**Direct attention** to the account of the family lost in the maze (p. 10), pointing out how close they were to the exit.

**Stress** that resisting Satan’s temptations to sin can indeed be hard, but urge adults to not give in to the temptations because they might be very close to exit the time of trial.

**Step 5. Day Four – Our Spiritual Weapon**

**Point out** the Day Four title “Our Spiritual Weapon” (p. 10) and **ask learners** **to identify** what weapon the author means (God’s Word, p. 11, just before activity 1).

**Ask** how God’s Word can serve as a weapon in helping us resist Satan’s temptations to sin.

**Ask** if anyone would like to share a testimony of a time God’s Word helped them resist temptation.

**Invite a volunteer to read** Matthew 4:1-4.

**Read** the author’s statement, “There’s no shame in being tempted” (p. 11), since even Jesus was tempted.

**Examine** His use of Scripture in resisting Satan’s temptation. (**NOTE:** The other two temptations of Jesus will be addressed in the next two sessions.)

**Review** the list of various temptations and verses to help resist those temptations (pp. 11-12) and **invite suggestions** of additional verses for resisting these or other forms of temptation.

**Step 6. Day Five – God’s Proven Love**

**Point out** the differing interpretations of this first temptation of Jesus (p. 13).

**Read** the first sentence of the second Day Five paragraph (p. 13).

**Invite reactions** to the sentence.

**Observe** that we often see hunger or other forms of discomfort or inconvenience as indicating that something is wrong instead of considering it might be part of God’s plan.

**Ask** how Satan tempts us to “fix” our situations and make God optional or unessential, as he did with Jesus in this temptation.

**Invite adults to summarize** the essence of Jesus’ response. (Answers along the lines of obedience to God and His Word are essential, not hunger.)

**Step 7. Live Out the Lesson**

**Direct attention** to the Day Five margin/pull quote (p. 14).

**Conclude** that resisting the temptation to sin is not about proving how much we love God but about recognizing how much He loves us.

**Close with prayer**, asking God to help adults understand in greater detail how much He loves them.