

Guidelines for Leaders:

If you aren't doing so already, encourage everyone in the group to read and answer the questions before your meeting. There is more than enough material in these questions to fill up your whole discussion time. So, consider these three suggestions for group discussion:

- *First, choose just one of the 2 Introduction questions.*
- *Second, choose no more than 4 or 5 of the Understanding questions.*
- *Third, be sure to allow enough time for the Application, which is where we really seek the impact of the sermon on our daily Christian lives. The Application is also a great opportunity for group prayer.*

Introduction:

1. Who has been a faithful friend to you during difficult times in your life?
2. In times of crisis, which best describes you: stay cool? Get frustrated? Panic? Plow ahead?

Understanding:

3. One view of temptation is that it's impossible to resist; the opposite view is that if you just have enough willpower you *can* resist. How do you evaluate these two views in the light of today's scripture and teaching?
4. It is easy to fall into being very formal in prayer and thinking that God is distant and impersonal. Read Psalm 63:1. What are some of the features of this prayer? How do they aid in withstanding temptation?
5. Was Jesus not able to sin OR was he able not to sin? (Consider Hebrews 4:15 while you answer). And what difference does your answer make for our Christian lives?
6. Someone claims that since Jesus was God, he was far above normal human emotions and concerns. Read verses 33 and 34. What do you think of that claim?
7. Have you ever heard about someone falling into bad decisions and sin and then you confidently thought, "I would never do that!"? Read Proverbs 16:18. What does this say about that kind of confidence? What is the remedy?
8. Some think that Jesus prayed by sitting quietly with his hands folded. Read verse 35. How *did* Jesus pray here? Have you ever prayed like that? If not, should you?
9. As you successfully stand against temptation, God reacts. Read Zephaniah 3:17. What is God's reaction here? Does it surprise you? How does it encourage you?

Application:

10. Read 1 Corinthians 10:13. Have you memorized it yet? Can you describe an area in your life in which the verse would be very powerful?
11. Jesus prays with submission by saying "Yet not what I will, but what you will" or "Not my will but yours be done." To be honest, when are your most likely to prefer your will to the Lord's will? What can you do about it?
12. Jesus says "Look, the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!" Think for a minute about the temptations that you normally face: Food? Drink? Lust? Money? Something else? How can *you* rise up?