TEMPTATIONS

**Age Group:** appropriate for middle and high school (two week lesson) -

**Purpose of lesson:** The object of this study is to bring about an awareness of an age old trait that we all have, leaving us vulnerable at times. Why we are vulnerable to temptations and what we can do about it?

**Key Question:** What kind of temptations do you deal with each day? Weekly? Monthly?

* Write down your thoughts for now. It is up to you if you would like to share during our discussion.

Are there any viable reasons for giving in to these temptations?

Was Jesus tempted? How?

Webster’s Definition of temptation: enticement, to try the strength of, to test, try to persuade, induce or entice, something immoral, to arouse desire in, be inviting to, to attract...

Thoughts to ponder as you go through the scriptures:

* How can we conquer things that are temptations to us?
* What will be our reward for not giving in to temptations? (James 1:12)

**Scripture References:**

**(**Notes from Adam Porter’s Temptation sermon; July 2012. Sermon is posted at:

 www.churchofchristbradley.org/videos.html)

Matthew 4:3 The temptor came to Jesus.

•Genesis 3: 1-5 He came to Eve

•James 1: 12-15 our own lusts

•Doesn’t mean we have an excuse or should give in.

•1st Corinthians 10: 12-13 common to man.

•Proverbs 4: 14-17 influence

-Mosiah 8: 32-33 Jesus understands pg 251

•Hebrews 2: 18 & ch 4:15

•We cannot say Jesus doesn’t know what its like down here.

•1st Nephi 3:125-129 pg 32 mists of darkness

•3rd Nephi 3 15-20 inequality in the land pg 618

Matthew 26:41 pray that you enter not into temptation

•3rd Nephi 8: 47-52 watch & pray always pg 651

•Alma 17 :65-70 pg:441 withstand in the Lord

•Alma 16:237-238 pg 431 Thanksgiving daily

•Mormon 4: 94 pg 712 firmness unshaken

Being proactive

•Romans12: 9-21 Quench the flame of temptation- overcome evil with good

•#1 The temptor came to Jesus after he was weakened

•#2 be proactive with your spiritual life and strength

•#3 Don’t put yourself in a place of temptation try to know it

Strong emotions can lower our ability to resist our vulnerability

•Moses slipped up at the waters of Meribah.

•Solomon was enticed and David as well

•Because we have weakness isn’t the excuse.

•The Lord wants us to use Armor

Activity: Make a plan for dealing with your temptations:

1. Try to recognize temptation.
2. Which ones are common to you?

 3) What alternatives can you use?

 4) What is your time frame/goal for dealing with each one?

 5) What resources do you need to help you achieve your goal?

Summary of lesson: By human nature, we are tempted daily and need to be able to identify what distracts us from following God’s commandments.

What can we share with others? If we see our friends or family falling for some of the same temptations that we deal with, we can share our plan of action for enduring with the Lord as our guide.