



# GROUPS DISCUSSION GUIDE

**WEEK FEB 14-20**

## MAIN IDEA

Jesus teaches us to rely on God as our protector from evil.

## CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

## SETTLE IN (ICE BREAKER) 10 min

1. Before we begin today’s discussion, let’s begin by going before the Lord in prayer. Say the Lord’s Prayer together (found in Matthew 6:9-13) and then have two people pray for your time together.
2. Tell the group about a time you did something wrong and recognized it was wrong while you were doing it, but still did it anyway.

## LOOK IN (OBSERVATION) 15 min

1. Read Matthew 6:13. What are the requests being made? How does this practically look in our lives?
2. Read James 1:14-15. What is James saying about the process of going from desire to death?

3. Read Romans 7:14-20. This can be a confusing passage. What’s being said?
4. 1 Corinthians 10:13. What is Paul saying in this passage?

## LOOK UP (UNDERSTANDING) 20 min

1. Why is it important to actively ask for God’s protection from temptation and evil?
2. What does it look like for desire to be conceived in your heart?
3. How have you seen sin lead to “death”? (You can think literal or figuratively.)
4. Why is there a disconnect between what we know is good but what we desire to do?
5. How can God provide a way out of temptation? (It’s ok to think in specific examples.)

## GEAR UP (APPLICATION) 20 min

1. What is a temptation you have seen creep up in your life? How could you combat it? How can we help you combat it?
2. What is one specific way you want to invite God to help you battle temptation and evil?

## STEP UP (HOMEWORK) 5 min

1. Accountability: Link with someone in your group and be prayer partners against temptation for the next seven days. Check-in daily and pray for one another daily, either individually or together.
2. Start a Bible reading plan together! I recommend the book of Matthew because it has 28 chapters and will take you four weeks to complete if you read one chapter a day.