

Pt 5: Deliver Us *Pastor Stephen Han*

Icebreaker: What's one craving or food that always beats your willpower?

1. Read 1 Corinthians 10:12-13. It promises God will always give us a way out when we are tempted. Can you remember a time when God gave you a way out? Share your experience.

2. Read Genesis 3:6. Eve *saw*, then *desired*, then *took*. The sermon traced the same path: attention leads to emotion, and emotion leads to action. Where in that chain is it easiest to stop temptation? Where is it hardest?

3. Read 1 John 2:15–16, which describes the lust of the flesh, the lust of the eyes, and the pride of life. Which of these does our culture make look most normal or harmless today? Why do you think pride, the "carbon monoxide of sin," is so hard to notice in ourselves?

4. When are you most vulnerable to temptation: tired, stressed, alone, hurt, angry, or right after a big success? Why do you think success makes us vulnerable?

5. Hebrews 4:15–16 says Jesus was tempted in every way and invites us to come to the throne of grace with confidence. Why do we hesitate to cry out for help when we keep falling into the same temptation? What would it look like for you to pray an "SOS prayer" the next time temptation hits?

6. How could this group help each other "move the line"? What would honest, grace-filled accountability look like between us?

7. Spend time praying for one another to experience a victorious week.