



BIBLE HABITS

CONVERSATION #6: FIGHTING TEMPTATION

ICEBREAKER: VERSE OR VIBES

To begin our conversation today, we’re going to look at some phrases that sound very spiritual and get quoted a lot - some of them are straight from Scripture, and some of them *aren’t actually in the Bible at all*. Your job is simple: decide whether each statement is **Scripture** or **Not Scripture**. Don’t overthink it - go with your first instinct.

<div>1. “Resist the devil, and he will flee.”</div> <div>2. “Everything happens for a reason.”</div> <div>3. “The heart is deceitful above all things.”</div> <div>4. “God helps those who help themselves.</div> <div>5. “Your word is truth.”</div> <div>6. “Let go and let God.”</div> <div>7. “When God closes a door, He opens a window.”</div>	<div>8. “Follow your heart.”</div> <div>9. “Take every thought captive.”</div> <div>10. “God wants you to be happy and healthy.”</div> <div>11. “Cleanliness is next to godliness.”</div> <div>12. “Love the sinner, hate the sin.”</div> <div>13. “Trust God with all of your heart.”</div> <div>14. “God won’t give you more than you can handle.”</div>
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Answers: Scripture: 1, 3, 5, 9, 13. Not Scripture: 2, 4, 6, 7, 8, 10, 11, 12, 14

This activity shows how easy it is to mistake what *sounds spiritual* for what’s actually true. When we rely on sayings instead of Scripture, we’re unprepared when lies or temptation show up. Spiritual growth means moving from being fed by others to knowing how to use God’s Word for yourself. Today, we’re going to talk about how Scripture becomes our defense.

STUDY: SCRIPTURE AS A WEAPON

Many of us grow by listening to sermons, learning from leaders, or talking with others - and those are good things. But during the week, when questions, doubts, or temptations show up, we’re often on our own. This conversation is about learning how to access God’s truth for yourself. Scripture isn’t just for group settings; it’s meant to help you stand firm in everyday life.

As we grow, we learn to recognize lies more quickly and respond with truth we trust. Jesus said, “*You will know the truth, and the truth will set you free*” (John 8:32). That freedom comes not just from hearing God’s Word, but from remembering it and using it when it matters most.

As we read this next passage, listen for how Jesus connects truth, lies, and our willingness to listen to God.

READ JOHN 8:42-47

- What does Jesus say is the difference between those who belong to God and those who don't listen to Him?
- According to Jesus, why do some people struggle to hear or accept the truth?
- What stands out to you about the connection between *listening* and *belonging* in this passage?

Jesus wasn't talking about lies and temptation as a theory - He knew them firsthand. Before He ever taught about truth setting us free, He faced the enemy personally and showed us what it looks like to stand firm. To understand how truth becomes our defense, let's look at how Jesus handled temptation when it came directly at Him.

READ MATTHEW 4:1-11

- What do you notice about how Jesus responds to temptation each time it appears?
- What do you think Jesus' ability to respond with Scripture reveals about the role God's Word already played in His life before the temptation began?
- When you're tempted or discouraged, who or what do you usually rely on to help you?
- How could knowing Scripture personally change the way you respond under pressure?

READ EPHESIANS 6:17

The Bible describes God's Word as "*the sword of the Spirit*" - not something decorative, but something meant to be used (Ephesians 6:17). Psalm 119:11 reminds us that storing God's Word in our hearts helps guard us before temptation even shows up.

The truth is simple: you can't use what you haven't stored. Growth doesn't happen all at once - it happens as we learn to carry Scripture with us. As we mature, we move from hoping someone else will step in to learning how to stand firm ourselves. This is what spiritual self-defense looks like.

CHALLENGE: PICK UP YOUR SWORD

This week, identify one sin or temptation that you regularly struggle with. Take time to search Scripture and find verses that speak directly to that struggle, and write them down. Each morning, start your day by reading those verses, allowing God's truth to shape your thinking before temptation shows up. Pay attention to how this practice affects the way you recognize and respond to temptation, and at the end of the week, share with your Discipleship Partner(s) the Scriptures you found and used as your weapon.