



RESILIENCE

CONVERSATION #1: OVERCOMING TEMPTATION

ICEBREAKER: SHORTCUT SEASON

Most of us know the long way is usually better, but the shortcut is often more tempting. Shortcuts save time, avoid discomfort, and feel easier in the moment - even when we know they don't always lead to the best outcome. Take a moment to think about where you're most likely to look for the shortcut instead of taking the long way.

Is it in conversations you avoid, in how you approach work, in the way you rest, in your spiritual habits, or in moments of conflict? You don't need to explain your answer- just notice where shortcuts show up most often for you.

STUDY: EXIT PLAN

Most of us don't take shortcuts because we don't care - we take them because we're busy, tired, or trying to get through the day with as little friction as possible. Shortcuts feel efficient. They save time, avoid discomfort, and help us keep moving. In the moment, they often feel like the smart choice.

But over time, shortcuts have a cost. They might get us through a moment faster, but they don't always get us where we actually want to go. Skipping hard conversations, putting things off, choosing convenience over follow-through - these choices rarely cause immediate problems, which is why we keep making them. The impact shows up later.

And this is where today's main text speaks into real life. Scripture doesn't pretend we won't feel pressure, fatigue, or desire to take the easy way out. Instead, it acknowledges how common those moments are - and then reframes what's actually happening when we're tempted to choose convenience over what's better. Today we are going to read **1 Corinthians 10:13**, to see that temptation isn't about a lack of options or support. It's about whether we notice the moment - and choose the path that leads where we actually want to go.

READ 1 CORINTHIANS 10:13

- Which word or phrase in this passage stands out to you most right now?
- When you hear "God provides a way out," what do you usually expect that to look like?
- Why do you think this verse talks about enduring temptation instead of avoiding it?
- What's one practical "way out" you already have but don't always use?

Those who are spiritually young often assume that struggle means something is wrong with them. Thoughts like *"If I were more spiritual, I wouldn't deal with this"* or *"This temptation must mean my faith is weak"* come quickly and feel convincing. But Scripture corrects that narrative.

Temptation isn't a sign that you've failed or that your faith is weak - it's part of learning how to obey in real life. Desire tends to grow when we ignore it or pretend it isn't there, not when we're honest about it and deal with it early. And you're not alone in that struggle - Jesus Himself experienced temptation and understands the pressure that comes with it. Feeling tempted doesn't push you out of the growth process; it actually means you're right in the middle of it. **Temptation isn't proof you're weak - it's proof you're human.**

CASE STUDY: IN GOOD COMPANY

When we're tempted, we're not alone or off track - we're in good company. To see that clearly, we're going to look at how Jesus faced temptation and what that means for us.

READ MATTHEW 4:1-11

- What makes Jesus' temptation feel *real* rather than symbolic?
- Which of the temptations do you most relate to - comfort, control, or approval?
- What stands out about how Jesus responds instead of reacting?

READ HEBREWS 4:14-16

The author of Hebrews points directly to Jesus, reminding us that He isn't distant from our struggles. He understands temptation firsthand because He experienced it Himself, and that changes how we view our own moments of pressure.

- How does knowing Jesus sympathizes with our weaknesses change the way you approach God?
- How is this picture of Jesus different from how people sometimes imagine God responding to failure?
- What would change if you treated temptation as a reason to come *closer* to God instead of backing away?

CHALLENGE: NAME THE EXIT

Based on **1 Corinthians 10:13**, remember that God promises to provide a way out when temptation comes - but that exit is easiest to take when you've planned for it ahead of time. This week, identify one temptation you regularly face and plan a practical "exit strategy" before the temptation shows up. Decide what you will do, who you will reach out to, or what truth you will remind yourself of in that moment. When temptation comes, practice choosing the exit God has already provided.