

## The Inside Story of the Christian Life

*“Standing up to Temptation”*

November 12-13, 2011

Matthew 26:41

### **Opening Question**

What is your favorite strategy game?

### **Scripture**

Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. +Matthew 26:14

### **Suggested Prayer**

Our Father, as we meet to discuss your word today/this evening, help us to understand what it means to watch and pray so that we do not fall into temptation. In our weakness, help us also to rely on You for the strength to resist temptation.

### **Discussion Questions** . Choose as few or as many as you like.

1. This week's passage is taken from Matthew 26:36-46. Read the section aloud and then answer the following questions.
  - What was Jesus's physical condition in Gethsemane? His emotional condition?
  - Why do you think He only took Peter, James and John with him and away from the other disciples?
2. Watching for temptation involves knowing yourself - your heart, your vulnerabilities and the seasons when temptation of different sorts are especially strong. Name and discuss times when you think a person is most vulnerable to temptation?

3. The phenomenon of *American Idol* gives evidence of the fact that many have minimal self-knowledge and awareness! How does coming to know God help give us develop a genuine self-knowledge?
  
4. Instead of just saying *watch* or *pray* Jesus states that we are to both *watch and pray*.
  - a. What does it mean to *watch*?
  
  - b. Why is it important to be engaged in both?
  
5. We live this life in constant struggle, i.e. *the spirit is willing, but the flesh is weak.* What are some examples of this conflict?
  
6. Everyone is tempted, but Jesus states that we should watch and pray that we do not *fall* into temptation. How do we *fall* into temptation?
  
7. What was your take-away from this week's sermon?

### **Suggested Closing Prayer**

In light of what was talked about in the passage, once again use Ephesians 6:10-20 as a model for prayer in your group.