Life Group Discussion Questions: The Temptation Test

James 1:13-17

1. Share a food or snack item that challenges your self-control.
2. Talk about something that might tempt others but doesn’t tempt you.
3. How do you feel when you end up doing something you promised yourself you would not do, or when you don’t do something you promised yourself you would do?
4. Pastor Mark points out that temptation is normal. If God wants us to live good and holy lives, why do you think God allows us to live in a world where temptation is normal?
5. How might temptation help you grow in your faith?
6. Pastor Mark points out that temptation is also subtle and gradual. Read James 1:14-15. What do you think it means to be “dragged away and enticed” by desires? How is this like a fish being lured by a baited hook?
7. Why is it important to know those areas of weakness where you might easily give in to temptation?
8. Martin Luther once said, “you can’t stop the birds from flying over your head, but you can prevent them from building a nest in your hair.” What do you think he meant by that?
9. Pastor Mark describes the concept of “restraint bias,” where a person imagines he can be stronger in resisting temptation when thinking about a tempting situation, but then is actually quite weak when the situation becomes a reality. Can you recall an example of restraint bias in your life or in the life of someone else?
10. A key to overcoming temptation involves keeping the right focus. Whatever we focus on grows stronger. What can we do to keep the right focus as we live out our lives as Christians in a world full of temptation?
11. Why is the forgiveness that God offers us through Jesus Christ so important?