

SAND & SURF

“Swimsuit”

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James 1:13-15; 1 Corinthians 10:13

HOW SIN ORIGINATES (James 1:13-15)

1. The bait is **dropped** (v. 14a)

- Satan is a skilled angler, knowing when, where, and how to drop bait in front of me that might lure me away from God.

2. My inner desire is **attracted** to the bait (v. 14b)

- *“At this moment God is quite unreal to us, he loses all reality, and only desire for the creature is real; the only reality is the devil. Satan does not here fill us with hatred of God, but with forgetfulness of God...The lust thus aroused envelops the mind and will of man in deepest darkness. The powers of clear discrimination and of decision are taken from us.”* [Bonhoeffer, “Creation and Fall and Temptation”, pp. 116-117]

3. Sin is birthed when I **feed** my inner desire and **yield** to temptation (v. 15a)

4. Sin results in **death** (v. 15b)

- The fulfillment of my lust brings about a death-like existence – i.e., guilt, shame, fear, anger, consequences...

HOW TO KEEP FROM FEEDING MY EVIL DESIRES

(1 Corinthians 10:13)

1. Know that God only allows me to experience temptation that is **common to all**
2. Know that God knows my breaking point and **limits the intensity** of every temptation long enough for me to escape it
3. Take the **escape route** that God provides

- Every temptation has a way out. There is always an alternative action.
- Some escape routes require drastic measures (Matthew 5:29-30)

CENTRAL TRUTH:

If I escape temptation, then I escape sin.

LIFEGROUP DISCUSSION QUESTIONS

Going Deeper into the Message

1. Suppose you are fasting or on a diet. What food would tempt you to break that fast or diet? Why is that food such a temptation for you?
2. How much serious thought have you given to counteracting temptation in your life?
3. Use the following exercise to help you overcome the problem of temptation:
 - Discuss if you are on your own when it comes to temptation, or if you are accountable to someone for your actions. Then, think of someone you could ask to help you stick to your goal of overcoming certain temptations, and jot down that person’s name on the line below:

 - On the line below, write down the area of your life that poses the greatest threat to you. Then share the temptation process that occurs in that particular area of your life, including the bait, the inner desire, and how you feed that desire that causes you to yield to temptation.

 - Think through some specific escape routes you can take to overcome temptation in that main area of struggle. Discuss your ideas with your group members, making sure that your escape plan is realistic, attainable, and simple.

Responding to the Message

4. What one insight from the message seems most personally significant to you right now and what action can you take in the next week to start putting this into practice or to cooperate with God in bringing about this transformation?