



Wise Up – Week 1 – Wise Up to Temptation
Spiritual Formation Guide

It's easy to get sucked into a seemingly endless cycle of temptation, sin and regret that feels inescapable – but it's not. God is faithful, and he ALWAYS provides a way out. Your job is to take it.

Get wisdom, get understanding... Do not forsake wisdom, and she will protect you. Love her, and she will watch over you.
Proverbs 4:5-6

When sin is allowed to grow, it gives birth to death. So don't be misled, my dear brothers and sisters.
James 1:15

"The thief's purpose is to steal and kill and destroy."
John 10:10

Resist the devil, and he will flee from you.
James 4:7

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.
1 John 4:4

For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead.
Colossians 2:12

God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.
1 Corinthians 10:13

Discussion and Reflection Questions:

- How have you sensed God with you this week? How have you struggled this week?
- Read Proverbs 4:5-6. Is there a certain area or topic where you would like more wisdom? What is it & why would you like to grow in wisdom?
- Read John 10:10. Do you ever think about the spiritual realm and the idea of temptation, or is it far from your mind and awareness? Why do you think that is your tendency?
- Read James 1:15. Eddie talked about a cycle that we can fall into of temptation, sin, and regret – thinking, “Maybe the good news of the gospel doesn’t really work,” or, “Maybe it didn’t work on me.” Have you ever found yourself stuck here? What did it look like?
- Read 1 Corinthians 10:13. Have you ever experienced God show you a way out when you’re tempted to make the wrong choice? Share with one another, as you’re willing.
- Read 1 John 4:4 and Colossians 2:12. What truths in these verses do you want to hold onto this week?
- Take a few moments to pray together – silently or out loud – asking God to give you wisdom in the specific areas mentioned and to give you the opportunities to resist temptation.

Practices:

- Take a moment to jot down a few of your most common temptations. Then, take a few minutes to consider what is God’s perspective on you as you wrestle with giving in and giving up? What is God’s emotion and approach to you? Spend a few moments in silence with God. Ask Him to help you see from his perspective.
- Pick one or two of the discussion questions above and use them to prompt some reflection – either with a trusted spiritual friend or in a journal.
- Choose a chapter of scripture to read slowly, several times (Matthew 4:1-11 or 1 John 4). Pause and ask God to speak to you through His Word. What words or phrases stand out to you? How does these words challenge or encourage you? What do you want to say to God in response to His Word?