

Sermon Title: Guarding Against Temptation

Sermon Text: Matthew 6:13

Date: May 31, 2026

SERMON NOTES:

QUESTIONS:

1. What stood out to you from the sermon or your time with God this week?
2. This week Sam explained that temptation is not sin and does not have to lead to sin. Read about Jesus' temptations in Matthew 4:1–11 and Hebrews 4:15. What do you find helpful, encouraging, or challenging about Jesus' experience with temptation?
3. Sam defined temptation as anything that attracts or entices us toward sin by appealing to our desires — even good desires! Read about Eve's temptation in Genesis 3:1–6 and James 1:14–15. What role do you think Satan plays in our temptation? What role do you think we play?

ACTIVITY:

How did Jesus know the truths to respond to temptation with? How did He resist Satan's attack? Here's a quick guide to help you process through temptation and root yourself in God's Word. You may know the temptation before you can name the desire beneath it. A short example is provided to help you get started.

Step 1: What positive desire do I want satisfied?

e.g. I want to feel loved and desired by my spouse.

Step 2: How am I being tempted to fulfill that desire?

e.g. I'm consumed with becoming attractive, getting in shape, and taking care of my body so that my spouse desires me and doesn't lust after other people.

Step 3: Where is the Enemy's lie in Step 2?

e.g. My spouse would love me more if I were more attractive. Attraction is where love comes from.

Step 4: What is the truth about that lie? What does the Bible say to me here?

e.g. Love doesn't come from attraction — it comes from God. My spouse may believe that same lie and sin against me, and that really hurts. But they'd be living out the lie, not the truth. Jesus comes and loves me with the truth — and He helps both of us love one another in truth too.

Step 5: What's the alternative? How does God want to satisfy my heart instead?

e.g. I am loved by God and He wants me to feel loved! He grows real love between me and my spouse — love that can't be bargained for — teaching us how to stay connected and delight in one another. He frees me to enjoy my body and care for it, to use it in love rather than for love. His Spirit helps me forgive and live out the truth.