

SMALL GROUP LEADER GUIDE

What I Really Want / Week 2

BEFORE GROUP

BOTTOM LINE

Everybody faces temptation.

SCRIPTURE

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin (Hebrews 4:15 NIV).

GOAL OF SMALL GROUP

To help students recognize that they aren't the only ones who face temptation and because of that, they don't have to face it alone.

THINK ABOUT THIS

Part of the application for this series asks students to invite someone into the temptations they're dealing with. For a lot of students, that person will be you. Be prepared for students come to you with things they're

struggling with or tempted by, both big and small. Whether it's a major issue with potentially big consequences or a more minor issue with seemingly limited consequences, your response will make or break what happens next. Think about how you want to respond beforehand, so that you're prepared to create a safe, healthy conversation with your few who share with you. Sometimes the best thing you can say to a student who opens up about a temptation or struggle isn't a solution or an answer, but a response that lets them know you care and recognize their vulnerability. Something like, "Thank you for sharing that with me," or "I know that probably took a lot of courage to share with me. Thank you for doing that" can go a long way with your few.

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.

DURING GROUP

ICE BREAKER

Which would you want the most right now: cookies or a candy bar?

DISCUSS THIS

1. What's one example of a temptation that's not really that big of a deal?
2. What's one example of a temptation that is a big deal?
3. Why do you think people give into temptation even when they know they shouldn't?

(Note: If your students struggle to answer the next few questions about how temptation makes them feel, we've provided a copy of the Feelings Wheel that you can use and reference in the conversation to help!)

4. How might giving into temptation make someone feel?
5. How does it make you feel to know other people face temptation too?
6. How does it make you feel to know Jesus faced temptation too?

DO THIS (EXPERIENCE) 1

When we find ourselves struggling with temptation, we can remind ourselves what God says to be true about us. Go around the group and have each person say this: "God created me. God knows me. God loves me."

DO THIS (EXPERIENCE) 2

Pass out the provided guided prayer sheet to students and ask them to take it home and use it to pray any time they face temptation.

MY PRAYER

EVERYONE STRUGGLES WITH TEMPTATION—IT'S JUST PART OF BEING HUMAN!
THE NEXT TIME YOU'RE FACED WITH SOMETHING THAT'S TEMPTING YOU, USE THIS
PRAYER GUIDE TO TALK TO GOD ABOUT IT.

GOD,

THANK YOU FOR LOVING ME NO MATTER WHAT TEMPTATION I'M FACING IN MY LIFE.

LATELY I'VE BEEN STRUGGLING WITH _____

DEALING WITH THIS TEMPTATION MAKES ME FEEL _____

PLEASE HELP ME REMEMBER THAT EVERYONE FACES TEMPTATION AND THAT DOESN'T
MAKE ME A BAD PERSON. IT JUST MAKES ME HUMAN!

WHEN I STRUGGLE WITH _____ (WHAT I'M TEMPTED BY),
PLEASE REMIND ME THAT YOU UNDERSTAND WHAT I'M GOING THROUGH AND YOU KNOW
WHO I REALLY AM.

EVEN WHEN I FACE _____ (WHAT I'M TEMPTED BY),
PLEASE SHOW ME THAT I'M YOUR CREATION AND THERE'S NOTHING THAT I'LL
FACE THAT IS BIGGER OR MORE POWERFUL THAN YOU.

THANK YOU FOR HELPING ME OVERCOME MY TEMPTATION AND FOR
NEVER LEAVING MY SIDE.

AMEN

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AMEN

