

**Cell Group Lesson:**  
**The Temptation Trap**

**Ice Breaker:** What is your favorite dessert?

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**Facilitator's Comment:** How would you define the word: *temptation*?

**Facilitator's Comment:** One definition found in the dictionary for **temptation** is: *the desire to have or do something that you know you should avoid.*

**Facilitator's Comment:** Let's read the following story about The Mouse Trap.

**Read:**

**The Mouse Trap**

It's been said that the best way to catch mice is to place mouse traps down, put peanut butter (stickier than cheese) on them, but DON'T SET the traps at first. The reason for not setting them is to allow the mice to get used to the new traps in their environment. Slowly, the mice begin to accept being around the traps; they next try to bump them to see if anything will happen; when nothing happens, they enter the traps and enjoy the peanut butter. The mice keep coming back to the traps because the peanut butter tastes good and nothing terrible has happened. Finally, after a few days, the traps are set, and later the mice return to the place they thought was risk-free, but this time they *don't* leave.

**Question:** What does this illustration of the mouse trap tell us about how temptations are set in our lives?

**Answer:** That there are times when 'temptation traps' are placed in our lives and left there for us to get used to and return to, because nothing 'bad' has happened, until one day, we go back to the same place and the traps is sprung and we don't leave without great pain and suffering.

**Facilitator's Comment:** Let's read what the Bible says about temptation, by reading Matthew 26:41

**Read**

**Matthew 26:41** - Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak." (NKJV)

**Question:** What does it mean to you when the Bible says: "*the spirit is indeed is willing*"?

**Answer:**

- We want to please God
- We want to avoid guilt and suffering

**Question:** What does it mean to you when the Bible says: "*but the flesh is weak*"?

**Answer:**

- From the time of Adam, we live with a 'fallen' nature
- Sometimes we lack of spiritual and emotional strength
- Sometimes we lack of mental discipline

**Question:** Why does the devil want to tempt us?

**Answers:**

- He wants to destroy us
- He wants to get back at God
- He wants to separate us from the presence of God
- He wants to weigh us down with condemnation - so we'll be less effective for God and the Family of God.
- It's the only way to get to us, because Satan doesn't have the power to "MAKE" us do anything...but he will try to lie and trick us into doing things that are harmful to our lives.

**Question:** Why do we sometimes give into temptation?

**Answer:**

- Rationalization - We don't "*feel*" anything is wrong with the activity.
- Trying to stop the pain of life, we get involved in things that please our flesh, but not the Lord.
- Rarely there is immediate judgment, so we can abuse the mercy of the Lord.
- Lack of spiritual strength
- Lack of mental discipline.

**Facilitator's Comment:** Let's continue our discussion by reading 1 Corinthians 10:13...

**Read:**

**1 Cor 10:13** – *No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.* (NIV)

**Question:**

1 Cor 10:13 - says that God "*will not let you be tempted beyond what you can bear*"

Why does God **allow** you to be tempted?

**Answers:**

- For your growth
- To expose your weak areas
- To show your love for Him by living a life dedicated to pleasing and servicing the Lord, by not choosing the temptation, but instead choosing the escape.

**Facilitator's Comment:** Let's now read how Jesus knows and helps us during our times of temptation, by reading Hebrews 2:18....

**Read:**

**Hebrews 2:18** - "*Because he himself suffered when he was tempted, he is able to help those who are being tempted.*"

**Question:**

What can help us to endure/overcome temptation?

**Answer:**

- Recognize that the Lord has the power to help you, because He suffered through temptations.
- A deep desire to please God
- Recognize that there IS a way of escape, if we are willing to look for it
- Stay in the Word, Prayer and Fasting
- Don't become separated from the 'flock'. Keep going to church to receive encouragement.

**Facilitator's Comment:** There are many blessings for those that resist temptation, let's read about the ultimate blessing in James 1:12

**Read:**

**James 1:12** - *"Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him."* (NKJV)

**Facilitator's Comment:** This is the ultimate reason for enduring temptation, so let's not let anything or anybody take us off of the road that will lead to us receiving our crown of life.

**Facilitator's Comment:** Let's read the following Commentary...

**Read:**

**Commentary**

Temptation will *never* go away, but neither will God's power to provide you with a way of escape from suffering, shame, and sin. With every successful escape, you will be strengthened in your inner spirit, and have continued peace with God. Right now, while you still have the chance, examine your life. Have you acquired habits or gotten involved in activities that you know are not the will and plan of God for your life? If you have, Christ has prepared a way of escape for you. Now is the time to listen to the voice of the Spirit and with God's help, move these habits and activities out of our lives.

**Facilitator's Final Comments:** Let's join together in prayer and ask the Lord to search our hearts and reveal to us the 'temptation traps' in our lives and to give us strength to endure temptation as we seek to please the Lord, live our lives for Him and His Kingdom.

## Cell Group Reading Material

### The Temptation Trap

#### **The Mouse Trap**

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