



Week 1: A Way Out

“What you do in the shadows doesn’t stay in the shadows.”

Discussion Questions

1. What’s your guilty pleasure? Blueberry pie? Pizza? Cake? What is it for you?

Read James 1:14-16.

2. What desires are dragging you into the shadows?
3. What’s at stake if you give into these desires and temptations? Be specific.
4. James warns us, “After desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.” How does it make you feel to hear that your sin could destroy you? What does it make you want to do next?
5. What doors to temptation are you keeping cracked open that you need to slam shut?

Read 1 Corinthians 10:13

6. Rahul said that every temptation is an invitation to either step into the shadows or into the light. How does it make you feel to know that you can pause and choose to step into the light rather than to give into temptation?
7. Do you believe that God “will not let you be tempted beyond what you can bear?”
8. What obstacles are stopping you from stepping into the light with your temptation?

9. What's one step you can take this week to bring your desires into the light?

Moving Forward

Remember the three steps that will help us when facing temptation:

1. Recognize the trap.
2. Trust God.
3. Look for HIS way out.

Read this Scripture aloud daily: *“No temptation has overtaken **me** except what is common to mankind. And God is faithful; he will not let **me** be tempted beyond what **I** can bear. But when **I** am tempted, he will also provide a way out so that **I** can endure it.”*
– 1 Corinthians 10:13 [Paraphrase]