

**FAMILY LIFE CHURCH OF THE VALLEY
LIFE GROUP - RIVERSIDE COUNTY**

TITLE: THE INVISIBLE WAR

SESSION FIVE: The Steps to Overcoming Temptation (Part One)

And lead us not into temptation, but deliver us from evil.

Matthew 6:13 (KJV)

1. Identify what makes me _____.

Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

Matthew 26:41 (NIV)

- _____ **am I most tempted?**
- _____ **am I most tempted?**
- _____ **is with me when I'm most tempted?**
- _____ **temporary benefit do I get if I give in?**
- _____ **do I feel right before I'm tempted?**

2. Plan to _____.

Plan carefully what you do . . . avoid evil and walk straight ahead. Don't go one step off the right way.

Proverbs 4:26-27 (GNT)

3. Guard my _____.

We are tempted by our own desires that drag us off and trap us.

James 1:14 (CEV)

“For from within, out of person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness.”

Mark 7:21-22 (NLT)

Above all else, guard your heart, for it affects everything you do.

Proverbs 4:23 (NLT96)

THE INVISIBLE WAR SESSION FIVE (Cont.)

Physical exhausted	0 1 2 3 4	Energetic and in shape
Discouraged or pessimistic	0 1 2 3 4	Encouraged and hopeful
Bored and discontented	0 1 2 3 4	Challenged and contented
Spiritually dry or empty	0 1 2 3 4	Spiritually alive and growing
Alone or distant from others	0 1 2 3 4	Close to those you love
Insecure or unsure	0 1 2 3 4	Confident and secure
Wounded or deeply hurt	0 1 2 3 4	Loved and understood
Bitter or angry	0 1 2 3 4	Forgiven everyone
Sad	0 1 2 3 4	Happy
Feel like you've failed	0 1 2 3 4	Successful

TOTAL: _____

Do not give the devil a foothold.

Ephesians 4:27 (NIV)

DISCUSSION QUESTIONS:

1. What did you hear?

a. Was there a particular point that stuck out to you?

b. Was there a Bible verse that spoke to you personally

THE INVISIBLE WAR SESSION FIVE (Cont.)

2. What do you think about what you heard?

3. What will you do? How will you put into practice what you heard?
