

**Description:** Ever feel like you are fighting a battle but you have one arm tied behind your back? No matter how hard you try to fight temptation and sin you find yourself in the never ending cycle of failing, shame, asking forgiveness, experiencing victory for a little while, and then starting the cycle all over again? You are not alone. Victory is available, but it comes in a strange way... **surrender**.

**Key Passages:** Luke 4:1-13; James 4:7-8; 1 John 4:4; 1 Peter 5:8-9 cf. 1 Chronicles 16:9; 2 Peter 1:3-4

**Extra Passages:** Ephesians 6:11-17; 2 Peter 1:5-11; 1 Corinthians 10:13; James 1:13-15

**Prompt:** E. Scott Feather will begin the session with questions students have about temptation and spiritual warfare. “They are deeply connected,” he said. Take a few minutes to field questions from your students, as well as discuss the connection between temptation and spiritual warfare.

**Play:** Video of E. Scott Feather, “Spiritual Warfare” [www.buildmomentum.org/resources.html](http://www.buildmomentum.org/resources.html)

**Process:** Select from the following questions to help students **remember**, **rekindle** and **reengage**.

- ⏪ Scott started by saying “The best place to go to figure out what to do in the spiritual life is the example of Jesus.” Reread **Luke 4:1-13** and discuss what you can learn from Jesus’ temptation. Consider areas of weakness, the role of Scripture, and schemes of the devil.
- ⏪ Scott stressed the “golden key” to overcoming temptation is nothing new, but neither is it easy. He made several references to reading and memorizing the Bible. **What is the last verse you memorized? What are a few verses you could memorize to help fight temptation?**
- ⏪ Read James 1:13-15. This passage talks about the cycle of temptation and sin. **What does James say about the various stages? How is this helpful to know when we face temptation?**
- ⏪ Several times Scott mentioned temptation grows stronger or weaker depending on what we put into our minds. **What are some negative influences the devil may use to tempt you?**
- ⏪ The them for Momentum – **Yours** – highlighted the power of finding our identity in Jesus. Reread **1 John 4:4** and **2 Peter 1:3-4**. **What do these verses say about Christian identity? What would Satan want you to believe about your identity?**
- ⏪ Scott warned against lack of confession *and* over-confession. **What are the dangers of each?**
- ⏪ In the spiritual battle, Scott taught, we are not “on the offensive. We resist the devil and he eventually flees.” **How does the spiritual armor of Ephesians 6:11-17 fit into this pictures?**

**Pray:** Read David’s “audacious prayer” in Psalm 139:23-24. Ask students to repeat and personalize the prayer. Then lead students through a prayer of the spiritual armor (Ephesians 6:14-17).