



1. Seek His Forgiveness (1 John 1:5-10)

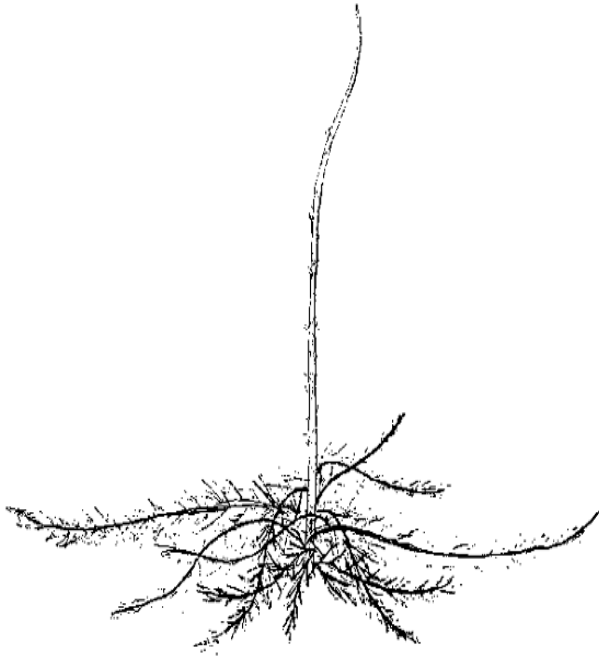
A. The key to \_\_\_\_\_ : Walk in the \_\_\_\_\_.

B. \_\_\_\_\_ the \_\_\_\_\_ : Be made \_\_\_\_\_.

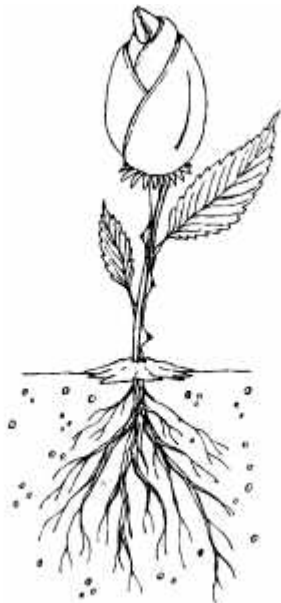
2. Forgiving Others (Ephesians 4:31-32)

A. The Key to \_\_\_\_\_ : \_\_\_\_\_ the  
\_\_\_\_\_. (Ephesians 4:17-30)

B. Put off: the root of \_\_\_\_\_ . (Ephesians 4:31)



C. Put on: the root of \_\_\_\_\_ . (Ephesians 4:32)





# DAY 1

Prayer: In Matthew 26:41, as Jesus was in the Garden of Gethsemane praying before He was arrested, He said to the disciples, "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." Take some time to thank the Lord for His sacrifice. Ask Him to give you insight to see where you are allowing temptation to draw you away from Him.

Memorize: Quote your memory verses up until today...Matthew 6:9-12.

Read Matthew 6:13 several times, emphasizing different words each time.

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

Bible Study: Read James 1:12-18

1. Imagine sitting in a room behind a desk. There is a teacher at the front of the room administering a test. Next to you there is a person trying to pass you answers to the test so that you can cheat.

a. According to this passage, what is God's role in this scenario? \_\_\_\_\_  
\_\_\_\_\_

b. According to this passage, what is tempting us to cheat? \_\_\_\_\_  
\_\_\_\_\_

c. How does this affect your perspective on the trials that you face? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Describe a trial that you are going through or have gone through.

a. What might be the test in that trial that God is bringing you through? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. What might be the temptation in that trial that would lead you to sin? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. What is the outcome of letting sin have its full effect (vs. 15)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

d. What lies do you believe in the moment that keep you from considering the outcome of sin?

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3. What is God calling us to do according to vs. 12? \_\_\_\_\_

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4. What is His promise to those who remain steadfast? \_\_\_\_\_

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5. What keeps you from remaining steadfast when going through a trial?

a. What fears? \_\_\_\_\_

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b. What frustrations? \_\_\_\_\_

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c. What do you have trouble trusting about God's character? \_\_\_\_\_

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6. Vs. 16 says, "Do not be deceived." What are we being warned of being deceived about? (See vs. 17.)

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7. How do our actions and attitudes show whether or not we believe that every good and perfect gift comes from God? \_\_\_\_\_

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8. Have you ever gone after something that you knew wasn't a gift from God? How did it turn out?

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9. What do you learn about the character of God from vs. 17-18? \_\_\_\_\_

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10. Go back to the room with the desk and the test (Q #1). How does understanding God's character affect your perspective on the trials in your life? \_\_\_\_\_

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11. As you close in prayer, share with the Lord a trial that you're going through. Tell the Lord where you're tempted to sin and ask Him for the strength to not be caught up in that sin.

# DAY 2

Prayer: Psalm 25:4-5 says, “Make me to know Your ways, O LORD; teach me Your paths. Lead me in your truth and teach me, for You are the God of my salvation; for You I wait all the day long.” Ask the Lord to teach you His ways, His paths, and His truths. And ask Him for the strength to wait for Him all the day long, no matter what that means.

Memorize: Fill in the blanks.

Matthew 6:\_\_\_\_: And \_\_\_\_\_ us not \_\_\_\_\_ temptation, but \_\_\_\_\_ us from \_\_\_\_\_.

Bible Study: Today we’ll take a look at how...how we get tempted to sin and how we step over the line into sin...and how we stop the cycle.

1. Read Psalm 1:1-2. What is the 3 step progression of what the blessed person does not do?
  - a. She doesn’t... \_\_\_\_\_
  - b. She doesn’t... \_\_\_\_\_
  - c. She doesn’t... \_\_\_\_\_

\* Think about the progression:  
- Walking in the counsel = introducing your thoughts to the sin  
- Standing in the way = letting your thoughts dwell on the sin  
- Sitting in the seat = letting your thoughts turn to action

2. Think of a time that you’ve recently sinned...
  - a. How did you first “walk in the counsel” of that sin? \_\_\_\_\_  
\_\_\_\_\_
  - b. How did you then “stand in the way” of that sin? \_\_\_\_\_  
\_\_\_\_\_
  - c. How did you “sit in the seat” of that sin? \_\_\_\_\_  
\_\_\_\_\_

3. What place do your thoughts and feelings have in keeping you from the temptation of sin?  
\_\_\_\_\_  
\_\_\_\_\_

4. What does the blessed person delight in? \_\_\_\_\_

5. What does it mean to meditate on God’s word day and night? \_\_\_\_\_  
\_\_\_\_\_

6. The Hebrew word for delight is “chephets.” It means “desire.” The “law of the LORD” is a phrase that refers to God’s word. Does your life show a delight or desire for God’s word? Take a moment to write a short prayer to the Lord about your answer. \_\_\_\_\_

\_\_\_\_\_

7. Look back at James 1:14. What lures and entices us to sin? \_\_\_\_\_

8. Think of a recent moment when you were tempted to sin. How was your desire for that enticement in direct opposition to a desire for God’s word? \_\_\_\_\_

\_\_\_\_\_

9. What do the following scriptures tell us about how to keep from falling into temptation?

a. 1 Corinthians 10:12-13

i. Vs. 12 \_\_\_\_\_

ii. What is God’s role? \_\_\_\_\_

\_\_\_\_\_

iii. How does God provide the answer? \_\_\_\_\_

\_\_\_\_\_

iv. Think of an area that you struggle with temptation. What might be the way of escape? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

b. 2 Corinthians 10:3-5

i. Why can we not fight our flesh in our own strength? \_\_\_\_\_

\_\_\_\_\_

ii. From vs. 5, how do we fight the temptations? \_\_\_\_\_

\_\_\_\_\_

iii. What hinders you from taking every thought captive to obey Christ? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. As you close today, go back to Psalm 1:3-4. Notice the difference between a person who delights in the Lord vs. a person who delights in her sin. Tell the Lord where you struggle with delighting in His word, ask Him to help you to delight in it more, and thank Him that there is hope for those who do.

# DAY 3

Prayer: Isaiah 41:13 says, "For I, the LORD your God, hold your right hand; it is I who say to you, 'Fear not, I am the one who helps you.'" Thank our Father that He personally gives you strength to get through any situation you face, even things that tempt you to drift from Him. Ask Him to teach you from His word today.

Memorize: Fill in the blanks:

\_\_\_\_\_ :13: \_\_\_\_\_ lead \_\_\_\_\_ into \_\_\_\_\_, but  
\_\_\_\_\_ us \_\_\_\_\_.

Bible Study: Read Genesis 3:1-8.

1. Let's go back to our classroom with the teacher and the tempter. In this scenario,
  - a. Who is the teacher? \_\_\_\_\_
  - b. Who is the tempter? \_\_\_\_\_
2. Why do you think the serpent started with the words, "Did God actually say?"  
\_\_\_\_\_  
\_\_\_\_\_
3. How did the serpent entice Eve to question God's character?
  - a. Vs. 1 \_\_\_\_\_  
\_\_\_\_\_
  - b. Vs. 4 \_\_\_\_\_  
\_\_\_\_\_
4. Were the serpent's arguments truth or lies? \_\_\_\_\_
5. Think of the serpent's lies to Eve. What lies of his do you find yourself believing when you're tempted to sin?
  - a. How do you question God's word (vs. 2)? \_\_\_\_\_  
\_\_\_\_\_
  - b. How do you question God's motives (vs. 5)? \_\_\_\_\_  
\_\_\_\_\_
6. According to vs. 4, how did Eve
  - a. Walk in the counsel of the wicked (introduce thoughts)? \_\_\_\_\_  
\_\_\_\_\_
  - b. Stand in the way of sinners (dwell on it)? \_\_\_\_\_  
\_\_\_\_\_

c. Sit in the seat of scoffers (turn thoughts into action)? \_\_\_\_\_  
\_\_\_\_\_

7. What was the first thing Eve did after she ate the fruit (vs. 6)? \_\_\_\_\_  
\_\_\_\_\_

8. Why do we tend to involve others in our sin? \_\_\_\_\_  
\_\_\_\_\_

9. What did Adam and Eve do when they heard the Lord walking in the garden? Why? \_\_\_\_\_  
\_\_\_\_\_

10. How do you respond to the Lord when you sin? \_\_\_\_\_  
\_\_\_\_\_

11. James 4:7 says, "Submit yourselves therefore to God. Resist the devil, and he will flee from you." Tomorrow we'll see the truth of that verse lived out, but for now, close in prayer, asking the Lord to give you the strength to submit to Him as well as the strength to resist the lure of the devil. Thank Him for the assurance that the devil has to flee when you do that.



# DAY 4

Prayer: Psalm 46:1 says, “God is our refuge and strength, a very present help in trouble.” Tell the Lord of a time when you remember Him giving you strength in a time of trouble. Thank Him for being your refuge and strength, and ask Him to help you to remember to go to Him for strength.

Memorize: Quote Matthew 6:13 from memory.

Bible Study: A few weeks ago, we read the account of Jesus’ temptation in the book of Matthew. Today, we’ll read the same account in the book of Luke. Read Luke 4:1-13.

1. Once again, let’s go back to our classroom scenario.
  - a. Who is the teacher of the test? \_\_\_\_\_
  - b. Who is the tempter? \_\_\_\_\_
2. Two times (vs. 3 and 9), the devil said, “If...” to Jesus.
  - a. What was he bringing into question about Jesus? \_\_\_\_\_  
\_\_\_\_\_
  - b. How did he do that with Eve? \_\_\_\_\_  
\_\_\_\_\_
  - c. How does he do that with you? \_\_\_\_\_  
\_\_\_\_\_
3. What was the first way the devil tried to tempt Jesus to sin (vs. 3)?
  - a. Why did he use this tactic (see vs. 2)? \_\_\_\_\_  
\_\_\_\_\_
  - b. What weaknesses of yours does he try to use to trip you up? \_\_\_\_\_  
\_\_\_\_\_
  - c. What was Jesus’ response? \_\_\_\_\_  
\_\_\_\_\_
4. Look at vs. 5-8.
  - a. What was the second tactic the devil used? \_\_\_\_\_  
\_\_\_\_\_
  - b. How does he try to tempt you to steal glory for yourself? \_\_\_\_\_  
\_\_\_\_\_
  - c. What was Jesus’ response? \_\_\_\_\_  
\_\_\_\_\_

5. Look at vs. 9-12. Here the devil takes a quote from Psalm 91:11-12 out of context to manipulate Jesus to dishonor His Father.
- Look at Psalm 91:1. What is the true reason for vs. 11-12 being stated in the correct context? \_\_\_\_\_  
\_\_\_\_\_
  - Would Jesus have been “abiding in the shadow of the Almighty” if He had thrown Himself from the pinnacle of the temple? \_\_\_\_\_
  - Notice that the focus in Psalm 91 is on worshipping the Almighty. The focus the devil was tempting Jesus to take was making the Father prove that He would protect Jesus even if He dishonored Him. In what ways do you get tempted to make it about yourself rather than God? \_\_\_\_\_  
\_\_\_\_\_
6. In each attempt at luring Jesus to sin, Jesus responded by quoting scripture.
- What does Ephesians 6:17 tell us that God’s word is used for in standing against the schemes of the devil? \_\_\_\_\_
  - Look at the following statements that the world uses to twist the truth of God’s word. What is the truth from God’s word?
    - “If you’re a good person and try hard, you’ll go to heaven.” (Ephesians 2:8-9)  
\_\_\_\_\_  
\_\_\_\_\_
    - “You need to follow your heart.” (See Jeremiah 17:9) \_\_\_\_\_  
\_\_\_\_\_
    - “God helps those who help themselves.” (See John 15:5) \_\_\_\_\_  
\_\_\_\_\_
    - “It’s okay to sin. God will forgive.” (See Romans 6:1-2, 15-16) \_\_\_\_\_  
\_\_\_\_\_
  - What is the benefit of knowing God’s word when you face temptation? \_\_\_\_\_  
\_\_\_\_\_
7. Look at Luke 4:13.
- What did the devil do after he finished tempting Jesus? “He \_\_\_\_\_ from Him \_\_\_\_\_ an \_\_\_\_\_ time.”
  - What does this imply about the timing of the temptations we face? \_\_\_\_\_  
\_\_\_\_\_

c. Do you find that there's an area of weakness in your life that seems to keep popping up?

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8. Let's close today by looking up a few verses to remind us of the hope that we have in Christ.

a. James 4:7 \_\_\_\_\_

b. 1 Corinthians 10:13 \_\_\_\_\_

c. Hebrews 4:15 \_\_\_\_\_

d. 1 Peter 1:3-5 \_\_\_\_\_



# DAY 5

Prayer: 1 Thessalonians 5:23-24 says, “Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. Faithful is He who calls you, and He also will bring it to pass.” Thank our Father that He is the God of peace and that He is sanctifying you completely, that He will never leave you stuck in your sin. Praise Him for His faithfulness.

Memorize: Quote Matthew 6:9-13 from memory.

Bible Study: Overview of Praise.Pray.Live...Embracing the Consecrated Life.

1. Looking back over these last 6 weeks, what are some things that have deeply impacted your walk with the Lord?

a. Hallowed be His Name: \_\_\_\_\_  
\_\_\_\_\_

b. His Kingdom come. His will Be done: \_\_\_\_\_  
\_\_\_\_\_

c. Give us this day: \_\_\_\_\_  
\_\_\_\_\_

d. Forgive us as we forgive: \_\_\_\_\_  
\_\_\_\_\_

e. Lead us not into temptation: \_\_\_\_\_  
\_\_\_\_\_

Today, let’s look at some scripture in each of the areas of PURPLE. Write down what you learn from them:

2. P: Praise Him.

a. Proverbs 30:5 \_\_\_\_\_  
\_\_\_\_\_

b. Philippians 2:5-11 \_\_\_\_\_  
\_\_\_\_\_

c. Colossians 1:15-20 \_\_\_\_\_  
\_\_\_\_\_

3. U: Understand His will and His perspective.

a. Romans 12:2 \_\_\_\_\_  
\_\_\_\_\_

b. Philippians 2:13 \_\_\_\_\_  
\_\_\_\_\_

c. 1 Thessalonians 5:18 \_\_\_\_\_  
\_\_\_\_\_

4. R: Rest in Him.

a. Psalm 23:2-3 \_\_\_\_\_  
\_\_\_\_\_

b. Psalm 46:10-11 \_\_\_\_\_  
\_\_\_\_\_

c. 2 Corinthians 12:9-10 \_\_\_\_\_  
\_\_\_\_\_

5. P: Pour out your heart to Him.

a. Psalm 62:8 \_\_\_\_\_  
\_\_\_\_\_

b. Philippians 4:6-7 \_\_\_\_\_  
\_\_\_\_\_

c. 1 Peter 5:6-7 \_\_\_\_\_  
\_\_\_\_\_

6. L: Let His word dwell in you richly.

a. Psalm 19:7-8 \_\_\_\_\_  
\_\_\_\_\_

b. Psalm 119:9-11 \_\_\_\_\_  
\_\_\_\_\_

c. Colossians 3:16 \_\_\_\_\_  
\_\_\_\_\_

7. E: Entrust yourself to Him.

a. Proverbs 16:3 \_\_\_\_\_  
\_\_\_\_\_

b. 1 Peter 2:21-23 \_\_\_\_\_  
\_\_\_\_\_

c. 1 Peter 4:19 \_\_\_\_\_  
\_\_\_\_\_

8. Close this time in prayer, choosing a verse from each letter of PURPLE, and offering it to the Lord. May this be one day among a lifetime of days that you offer yourself to the Lord...Praising Him, praying to Him, living for Him...embracing the consecrated life.