

# Fight

- Battling Temptations
- Purity of Heart
- Lies of the Enemy
- Fighting Negativity

# Battling Temptations

*“No temptation has overtaken you except what is common to mankind. 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 endure it.” (1 Corinthians 10:13)*

## Welcome

Each member should grab a partner, we'll be playing the classic Filipino staring game. Whoever blinks first loses.

Transition statement:

How many times were you tempted to blink before you actually gave in? Not blinking is not a difficult thing to do, not the easiest thing either but one thing is for sure, anyone can do it, some can just last longer. The same can be said about how we deal with temptations, we think when we are tempted that we are always at our breaking point but we should always be reminded that God will get us through anything. [Prayer can be done here]

## Worship

Have each member recall an instance where they were tempted into sinning but the Lord provided them a way out. [Prayer can be done here]

## How to Use this material

1. Learn it for yourself and take its message to heart.
2. Answer the questions and reflect on them, especially on God's Word, and what it means to your personal life.
3. Share this material with the people around you. God wants to use your life, so others would come to know Christ! Feel free to share to them this material. 😊

## Word

**Text :** 1 Corinthians 10:13

*No temptation has overtaken you except what is common to mankind. 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 endure it.*

- In the past, how did you react when you were being tempted?
- Out of 5 times that you were tempted, how many times did you give in to sin?
- Read 1 Corinthians 10:13
- Upon reading the text, has your view on temptation and sinning changed? How so?
- Based on the passage we have read, do you think God is the one tempting you or does He just allow you to be tempted?
- Recall the times you were tempted into doing something but ultimately did not give in.
- How did the Lord provided a way out for you?
- The next time you're going to be tempted, how do you think you will react?

## Works

Ask for each member's prayer request. Pray for each other as they face the struggles of being a follower of Jesus. Pray that each one will remember that when tempted, God will provide a way out, we just have to be sensitive enough to listen to his directions.

# Purity of Heart

*“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me.” (Psalm 51:10-12)*

## Welcome

If our hearts are films and we get to watch what’s inside of them, would you let people watch what’s inside yours?

Transition Statement:

We may fool people into thinking we’re pure at heart but the Lord sees our innermost being and the Bible says God looks at the heart so we must be careful of the things we’re nursing in our hearts.

## Worship

Reflect on the lyrics of the song Give Us Clean Hands by Chris Tomlin.

## Word

- Have you ever known someone who has suffered from any form of heart disease? Share to the group.
- What does it mean to have a pure heart?
- Read Psalm 51:10-12
- How did the passage relate to you and the condition of your heart?

## How to Use this material

1. Learn it for yourself and take its message to heart.
2. Answer the questions and reflect on them, especially on God’s Word, and what it means to your personal life.
3. Share this material with the people around you. God wants to use your life, so others would come to know Christ! Feel free to share to them this material. 😊

- What kind of movies or TV programs are you watching? What kind of reading materials are you reading? What kind of music are you listening to?
- Are they helpful in keeping your heart pure or are they polluting your thoughts, therefore polluting your heart?
- If God's going to keep up the clutter in your hearts right now, where do you think He would start?
- If God asked you to give something up that's affecting the state of your heart, would you be willing to give it up?

## Works

If you're certain that you want a pure heart, a heart after God's own heart, surrender everything to Him. Pray to the Lord that your heart would only focus on one thing, that one thing being to please God in everything that you think, say or do.

# Lies of the Enemy

*He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’” (Genesis 3:1)*

## Welcome

### Two Truths & One Lie

Instruct each member to think of three statements about themselves. Two must be true statements, and one must be false. For each person, he or she shares the three statements (in any order) to the group. The goal of the icebreaker game is to determine which statement is false.

Transition statement:

Unlike what we did on the ice breaker, we only told one lie and two truths about us but the enemy constantly tell lies, the Bible says he is the father of lies. The enemy only utters lies, never the truth.

## Worship

Lead the group in prayer.

## Word

**Text :** Genesis 3:1-6

- What was the worst lie that the enemy told you? (e.g “You’re not good enough”, “You’re not loved”, “God doesn’t care about you.”)
- How did you recognize that it was the enemy’s lie?

## How to Use this material

1. Learn it for yourself and take its message to heart.

2. Answer the questions and reflect on them, especially on God’s Word, and what it means to your personal life.

3. Share this material with the people around you. God wants to use your life, so others would come to know Christ! Feel free to share to them this material. 😊

- Read Genesis 3:1-6 dubbed as the first lie ever told.
- What were the lies told in the passage?
- How did the serpent deceive Eve?
- How do you react to someone trying to deceive you?
- How will you know if the person you're talking to is being truthful or just trying to twist the truth?
- How can you identify the lies of the enemy?
- Is there a lie that the enemy has been trying to tell you lately?
- How can you tell if the enemy is trying to deceive you?

## Works

Ask for each member's prayer request. Reflect on the lies that you have believed and acknowledge that you were once deceived by the enemy. Pray that each member would get to know the Truth (Jesus) deeper so they can recognize what is true so when the enemy tries to deceive them, they will not fall into it.

# Fighting Negativity

*“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”  
(Philippians 4:8)*

## Welcome

Show a headline (bad news), let them think of at least 3 positive opinions/resolutions regarding the news.

Transition Statement:

As the bad news dominates the headlines, it also dominates the mind. The struggle against negative thinking is a battle, but we can control what we think about. When tempted to hate something, replace those negative thoughts with positive ones.

## Worship

Reflect on the lyrics of the song Ever Be by Bethel Music.

## How to Use this material

1. Learn it for yourself and take its message to heart.
2. Answer the questions and reflect on them, especially on God’s Word, and what it means to your personal life.
3. Share this material with the people around you. God wants to use your life, so others would come to know Christ! Feel free to share to them this material. 😊



## Word

Philippians 4:8

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

**Hook:**

- Have you experienced the power of negativity in your own life?
- How does speaking/thinking negatively about a person affect your feelings toward them? How does speaking/thinking negatively of a situation affect your perspective for the day?

**Book:**

- Read Philippians 4:8
- What other verses in the Bible can be used to fight negativity?

**Look:**

Now think about how you feel when you think and express gratefulness instead of negativity.

**Took:**

- What do you think your life would be without negativity?
- How would your attitude, emotions and the way you go about your life change?

## Works

Reflect on the things that make you angry or think negatively for the past week, when you start to think of those again, hold your thoughts captive and surrender it to God, let Him replace it with true, honorable, and pure thoughts.