



## Sermon Discussion Guide

June 28 & 29, 2025

"How Can I Resist Temptation & Overcome Evil?"

[Ephesians 6:10-18](#)

**10 Big Questions About the Christian Life** is a sermon series inviting us to wrestle with the most important questions of faith that shape how we live every day. Each week explores a key question that draws us deeper into God's truth and calls us to live out the hope of the resurrection. This series challenges us to move from belief to action, building a faith that transforms both our lives and the world.

### PRAY & CONNECT

Open in prayer and invite the Holy Spirit into your conversation. Ask God for wisdom and discernment and trust him to guide you. Take time to recap the message or view it on [hopeonline.tv](http://hopeonline.tv). Did you have any ah-ha moments where you felt convicted, compelled, or inspired during the sermon? What's been on your mind this week? Have you been able to apply the message to your everyday life?

### GROW

Read [Ephesians 6:10-18](#) – *"The Whole Armor of God"*

- What emotions come up for you when you think about the idea of "spiritual warfare"?
- How do you understand the purpose of each piece of armor listed in this passage?
- What does it look like to "put on" the armor of God in everyday life?
- Where are you being called to stand firm, support others, or wield the "sword of the Spirit" with care and precision?

Read [James 1:13-15](#) – *"Faith and Endurance"*

- How does this passage challenge the idea that God might be the one testing or tempting us?
- How does understanding the true source of temptation shape your view of God's character?
- How have you seen a small temptation grow into something more destructive, like James describes?
- What warning signs or inner thoughts tend to signal when you're being drawn toward something unhealthy? What practical boundaries or tools could help interrupt that progression?

Read [Genesis 2:15-17, 3:1-13](#) – *"The Man and Woman in Eden"*

- What feelings arise when you think about Adam and Eve's choice in the garden?
- Why do you think God gave Adam and Eve so much freedom, yet still set one limit?
- When you're tempted to cross a boundary, what lies about God's character or intentions do you often wrestle with?
- How can you walk with others who feel shame or separation because of choices they've made?

Read [Matthew 4:1-11](#) – *"The Temptation of Jesus"*

- Why do you think the Spirit led Jesus into the wilderness to be tempted?
- How does it feel to know that Jesus was tempted? How does this story make Jesus more relatable or approachable?
- How do the devil's temptations mirror the kinds of desires we face today—provision, protection, and power?
- How can you support others who are walking through their own "wilderness"?

### APPLY

Pick one of the applications below to put into practice this week ...

- **Identify your temptation patterns.** Take 10-15 minutes to reflect on when, where, and how you're most vulnerable to temptation. Write down one or two specific desires or situations that often lead you away from God's best. Ask God to reveal any lies you've been believing about him or yourself in those moments.
- **Gear up daily.** Each morning this week, pray through the armor of God from Ephesians 6:10-18. As you name each piece—truth, righteousness, peace, faith, salvation, and God's Word—ask God to help you live into each one. Keep a journal of where you see these showing up in your decisions, thoughts, or responses to temptation.
- **Walk with someone else.** Identify one person in your life who may be struggling with temptation, shame, or feeling distant from God. Reach out this week with encouragement, Scripture, and a listening ear. Consider inviting them into a rhythm of accountability, prayer, or spiritual friendship to help both of you stand firm in God's grace.