WEEK 7 — BREAKING SINFUL PATTERNS & TEMPTATION

"Recognizing the Cycle, Resisting Temptation, and Walking in Freedom"

Name: _____ Date: _____

Main Scriptures: 1 Corinthians 10:13; James 1:12–15; Romans 6:11–14

Supporting Scriptures: Hebrews 4:15–16; Galatians 5:16; 1 John 1:9; Psalm 119:11; James 5:16

1. UNDERSTAND THE DIFFERENCE BETWEEN TEMPTATION AND SIN

Temptation is an invitation to _____; temptation itself is not automatically sin.

Jesus was tempted, yet remained without _____ (Hebrews 4:15).

A disciple must learn to recognize temptation and choose a godly _____.

2. RECOGNIZE HOW TEMPTATION DEVELOPS — JAMES 1:12–15

James teaches that a person is tempted when drawn away by their own _____.

Desire, when it is allowed to conceive, gives birth to _____.

Sin, when fully grown, brings forth _____.

The earlier we recognize a destructive pattern, the sooner we can _____ it.

3. IDENTIFY THE PATTERNS THAT KEEP REPEATING

A sinful pattern often begins with a _____ (situation, thought, emotion, or influence).

Repeated choices can become a destructive _____.

We must examine our habits honestly instead of making _____.

Freedom begins when we bring hidden struggles into God's _____.

4. GOD PROVIDES A WAY TO ENDURE TEMPTATION — 1 CORINTHIANS 10:13

Temptation is not unique to _____.

God is _____ and will not allow temptation beyond what we can bear with His help.

He provides a way of _____ so we can endure.

We must look for and take the godly _____ rather than excuse disobedience.

5. REMEMBER YOUR NEW IDENTITY IN CHRIST — ROMANS 6:11–14

Believers are to consider themselves dead to _____ and alive to God in Christ.

Sin must not _____ over our lives.

Grace does not give us permission to continue in sin; it teaches us to live in _____.

Our past may describe where we have been, but it does not define our _____ in Christ.

6. WALK BY THE SPIRIT, NOT BY WILLPOWER ALONE

Galatians 5:16 tells believers to walk by the _____.

Victory requires daily _____ on God's power.

We strengthen godly habits through prayer, Scripture, wise boundaries, and _____.

7. RESPOND TO FAILURE WITH REPENTANCE, NOT HIDING

When we sin, we should _____ our sins to God (1 John 1:9).

Repentance means turning _____ from sin and toward God.

Godly conviction leads toward restoration; shame often tempts us to _____.

We should seek wise, trustworthy _____ when we need support.

8. REPLACE THE PATTERN WITH A BIBLICAL ACTION PLAN

Do not only remove a sinful behavior; develop a godly _____.

Store God's _____ in your heart (Psalm 119:11).

Set practical _____ around situations that repeatedly lead you toward temptation.

Consistent obedience is developed through daily _____, not one emotional moment.

PERSONAL EXERCISE — IDENTIFY THE CYCLE

STEP	MY RESPONSE
Trigger — What usually starts it?	
Thought or desire — What am I telling myself?	
Choice — What do I usually do?	
Consequence — What follows?	
Godly response — What will I do instead?	

MY BIBLICAL ACTION PLAN

One pattern I need to address: _____

One Scripture I will remember: _____

One boundary I will establish: _____

One trusted person I can ask for support: _____

One action I will take this week: _____

GROUP DISCUSSION

1. What is the difference between being tempted and choosing to sin?
2. Why is identifying a trigger important?
3. What does 1 Corinthians 10:13 teach about God’s faithfulness?
4. How does knowing our identity in Christ help us resist old patterns?
5. Why are boundaries and accountability helpful?
6. What does genuine repentance look like in daily life?

MEMORY VERSE

1 Corinthians 10:13 — Read, memorize, and reflect on God’s faithfulness and the way of escape He provides.

WEEKLY CHALLENGE — 7 DAYS OF INTENTIONAL OBEDIENCE

Each day: (1) identify a trigger, (2) pray before responding, (3) apply a Scripture, (4) choose a godly response, and (5) journal what you learned. If you stumble, confess, seek support, and continue pursuing obedience.

Daily reflection: What tempted me? _____ What did I choose? _____ What will I do differently? _____

WEEK 7 TAKEAWAY

Temptation does not have to become a pattern. Through Christ, the Holy Spirit, biblical truth, and intentional obedience, we can learn to resist sin and walk in freedom.

RECOGNIZE THE CYCLE. RESIST TEMPTATION. WALK IN FREEDOM.