

Connect Group Questions – February 25, 2024

1. What are some foods you really enjoy? When you're seeking to eat healthier, what specific foods tempt you the most?

2. **2)** When it comes to the *source* of temptation, why can we not blame God? What is the source of our sin? What is the difference between a temptation and a trial? How do trials often result in temptations?

3. When it comes to the *force* of temptation, how does James liken it to fishing and hunting? What are some good and godly desires that can be met in an ungodly way?

4. When it comes to the *course* of temptation, how does James liken the process to childbirth? What is the ultimate offspring that sin produces when it is allowed to run its course?

5. Talk through the five ways to defeat temptations. Why is number five the most important deterrent to the solicitation of temptations in our lives? Discuss Psalm 16:11.