**Learn in Community**



Small Group Study

**Volume Overview**

**How does God help me overcome?**

For I can do everything through Christ, who gives me strength. ([Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13))

*Because of God’s strength in them, many people we read about in the Bible were able to overcome difficulties. In the same way, God can help us overcome challenges in our life, regardless of what we face. Why is it important for us to know that Jesus gives us strength in our everyday life? How does God help us deal with the hard situations we face? How do we handle temptation? What do we do when we feel alone? These are a few issues we’ll look at in this volume.*

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| ***You Will Need***   * *String or twine, two feet per student* * *Large space with room for the whole group to stand together*   ***Getting Ready***   * *Cut the string or twine into 2-foot pieces.* * *First time leading* Learn *for Youth? Look here for the* [*Facilitator Guide*](https://0b769b0ed3569ef9d18b-f88d8272f61086866d50d048b43ef630.ssl.cf2.rackcdn.com/sites/biblengagementproject/Listen_Facilitator_Guide.pdf)*.* |

*To access session content and videos from a computer, visit:* [*BibleEngagementProject.com/downloads*](https://bibleengagementproject.com/downloads)

**Engage**

**Welcome**

*Take this time to welcome everyone, introduce new students, learn names, and thank everyone for coming.*

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| **QUESTION**  If you could spend a day with any Bible person besides Jesus, who would it be and why? |

**Opening Prayer**

*Prayer thoughts: Thank God for each student in the group and their families. Ask Him to bless your time together today. Pray that the Holy Spirit would speak to each individual in a unique way as you study God’s Word together.*

**Introduction**

Everyone is tempted. When we experience temptation, we’re faced with a choice of how to respond. Today we’ll be discussing how God can help us overcome temptation and make the right choices. Let’s jump into this truth today!

**Group Activity**

**Detangled**

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| ***You Will Need***   * *String or twine, two feet per student* * *Large space with room for the whole group to stand together*   ***Getting Ready***   * *Cut the string or twine into 2-foot pieces.* |

Sometimes it can feel like we get tangled up with temptation. Our goal should be to untangle from the sins we’re tempted to do. Let’s play a game that symbolizes that. For our game, let’s gather in one group. Each of you will receive one piece of string. The goal here will be to get tangled. Hold your string with one hand, and grab the string of someone that’s not next to you with the other. The group will get tangled up as we do this.

• *Let the group get tangled together.*

Getting away from sin when we’re tempted is always our goal. So now we need to attempt to detangle all of our group without letting go of the string. Let’s see if we can untangle everyone.

• *Untangle slowly until the group is standing in a circle.*

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| **QUESTION**  Do you think the size of the group would affect how easy it is to detangle? Why or why not? |

The more tangled that the group became, the harder it was to get out of the mess. When we face temptation and we give in, it’s sin. Sin entangles us. The more we sin, the greater the struggle can become to get out of the mess. Keeping temptation in check keeps us from getting tangled up in sin. Let’s watch today’s video.

**Watch**



**Consider What the Bible Says**

*Ensure each student has access to a Bible, preferably the same version.*

Today we’re going to continue with the story of Joseph in the Book of Genesis.

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| **QUESTION**  Who can give us a quick review from last time about what happened to Joseph? |

* *Be ready to fill in some pieces of the story. Include that Joseph had two dreams, his brothers became jealous, they sold him into slavery, they lied to their dad about Joseph being dead, and Joseph ended up a slave in Egypt.*

Today we’re going to see that God helped Joseph overcome temptation. Temptation is when we’re faced with the desire and opportunity to sin. It’s a tactic of the enemy to cause us to do things that displease God. Temptation can lead to sin if it goes unchecked and we give in to it.

**Don’t Be Surprised by Temptation**

We might think that temptation only happens to people who aren’t living for God or only in certain circumstances, but the Bible tells us that isn’t the case. Temptation happens to everyone, even when things are going well in our life.

Read [Genesis 39:1–7](https://ref.ly/logosref/Bible.Ge39.1-7).

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| **QUESTION**  Who was Potiphar? |

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| **QUESTION**  In what ways do you think God was with Joseph? |

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| **QUESTION**  What temptation did Joseph face? |

Even though Joseph was a slave, God blessed him. His owner, Potiphar, put Joseph in charge of his household. But even in the middle of God’s blessing and favor, Joseph was still not exempt from temptation.

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| **QUESTION**  What was Joseph’s response to the temptation? |

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| **QUESTION**  Do you think Joseph sinned by being tempted? Why or why not? |

**You Can Be Tempted and Choose Not to Sin**

Temptation isn’t a sin. Sin happens when we choose to give in to and act on what tempts us. When Joseph experienced temptation, he had a choice to give in or not. We will see that he chose to get away as fast as he could!

Read [Genesis 39:8–12](https://ref.ly/logosref/Bible.Ge39.8-12).

Joseph was in charge of everything in Potiphar’s house, except his wife. She was off-limits. But suddenly, Joseph found himself in a predicament. He was being tempted to take the only thing he couldn’t and shouldn’t have.

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| **QUESTION**  In Joseph’s case, what would have been a great sin against God? |

Sometimes temptation is a consistent battle to do the right thing. Joseph chose to honor God by avoiding sinning with Potiphar’s wife. But she didn’t give up! She continued to pursue him.

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| **QUESTION**  What did Joseph do the last time he encountered Potiphar’s wife? |

Joseph remained strong. His desire to please God was greater than his desire to give in to temptation.

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| **QUESTION**  If Joseph had given into temptation, do you think anyone would have found out about him and Potiphar’s wife? Why do you think this? |

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| **QUESTION**  How did Joseph model for us what to do when tempted? |

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| **QUESTION**  Would anyone like to share about a time when you ran from a temptation? |

**You May Face Rejection for Doing the Right Thing**

Even when we do the right thing and resist temptation, we may be met with rejection from others.

Read [Genesis 39:13–23](https://ref.ly/logosref/Bible.Ge39.13-23).

Joseph did the right thing, but Potiphar’s wife didn’t. She retaliated against him. She didn’t like his God-honoring choice. So she decided that Joseph would pay, even if it meant lying about what happened.

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| **QUESTION**  What lie did Potiphar’s wife tell about Joseph? |

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| **QUESTION**  What was the outcome for Joseph? |

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| **QUESTION**  Have you ever been lied about or accused of something you didn’t do? What was the outcome? |

**Did You Know?**

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| *In ancient Egypt, the punishment for a slave attempting to rape a master’s family member would have been immediate execution. However, Potiphar’s actions either speak of his impressive favor for Joseph or his lack of belief in his wife’s claims compared to the character of Joseph that he already knew. Nevertheless, the prison where Joseph was placed was designated for Pharaoh’s prisoners. This speaks of the high power that Potiphar held in the kingdom, exemplifying to an even greater extent the mercy shown toward Joseph. In that time, it would have been unheard of for a high-ranking official not to seek capital punishment for such a transgression.* |  |
| **QUESTION**  Do you think Joseph gave up on his dreams after this? What makes you say that? |

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| **QUESTION**  What was Joseph later put in charge of? |

Joseph appeared to succeed in all his work. He overcame the challenges he faced with God’s help.

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| **QUESTION**  Why is it difficult to remain focused on the dreams and promises God has for our life when we face hard times? |

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| **QUESTION**  Has anyone here ever felt like giving up on your dreams? |

Even though others may attempt to hurt us or destroy our dreams, God never leaves us. He loves us no matter what we face.

**Reflect**

**God Helps Me with Temptation**

God never leaves us, even when we’re tempted to do the wrong thing. Each of us has a choice to make when we face temptation. We can honor God and do the right thing, or we can choose to give in to temptation and sin. Even if we face rejection from others for doing the right thing, God’s favor is far better than anything else. No matter what, God gives us the strength to overcome temptation.

**Listen to God**

Let’s take time to consider how our life demonstrates a real trust in the Bible. These questions are meant to serve as a conversation between you and God. Sharing your responses with the group is completely voluntary.

• *Pause for a few moments of silent reflection before asking students if they want to share.*

• *Be sensitive to the ages of your students and the types of temptations being shared. You may want to split into male and female groups and/or high school and middle school groups.*

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| **QUESTION**  What seems to be a temptation you often face in your life? |

• *Take time to pray. Encourage those students currently struggling with temptation to speak with a leader. Share that leaders are here to help when they are tempted.*

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| **QUESTION**  How has God helped you to overcome temptation? |

**Activate**

It’s not just God that can help us when we’re tempted. Other people can help deal with temptation, too. In addition to praying for us, we can learn from their experiences facing temptation.

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| **QUESTION**  What are ways that God has helped you to overcome temptation? |

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| **Salvation Opportunity**  *Include this if you think there may be some in the group who do not have a personal relationship with Jesus.*  Having God’s help in our life starts with having a relationship with Him. Sin separates us from God, but He sent His only Son, Jesus Christ, to make a way for everyone in the whole world to be saved. God cares so much about every detail of our life, including the battles we face. Nothing you’ve done is too big for God’s grace. He wants a relationship with you. All you have to do is accept Him as your personal Lord and Savior, and He will forgive you of your sins.  **Is there anyone here that we can pray for who doesn’t have a relationship with Jesus or wants to renew their relationship with Him?**  *Take a moment to acknowledge those who respond, and thank them for their desire to make things right between themselves and God. Pray with them as we close in prayer or after the group time is over. Following group time, talk more about where they are in their walk with God and how you might be able to help.* |

**Prayer**

Dear God, thank You for loving us. Thank You for giving us strength to overcome temptation in any form. Even when it’s hard and even if others reject us, I know that You’ll never leave us. Help me to remember that You’re with us no matter what we face. In Your holy name, we pray. Amen.

**Conclusion**

All of us experience temptation in our life, and we each have a choice. Even when we face the strongest temptations, God is with us and helps us! We can be victorious over temptation when we choose to honor God instead of giving in to how we feel and what we want. Even when we’ve done the wrong thing, God’s love is still there for us. He forgives us and gives us the ability to overcome. It’s because of God’s great love for us that we can be free. We can overcome because of Jesus and what He did for you and me!

Don’t forget about all the personal devotions provided for you on the Bible Engagement Project app. These devotions will help you in your walk with Jesus every day. I can’t wait to see you next time as we continue learning about overcoming in Jesus!