**Learn on Your Own**

**Day 1: All the Love**

Review the video for this session.



**Engage**

Read [Genesis 39:6–23](https://ref.ly/logosref/Bible.Ge39.6-23).

**Consider**

Joseph didn’t give in to temptation. Even though he was rejected by Potiphar and put in prison for his choice, God was with Joseph and helped him to be quickly promoted within the prison. God’s faithful love never left Joseph. Even when we do the right thing, we can still find ourself in bad situations, just like Joseph did. In fact, we can find ourself rejected by others simply for doing the right thing. We shouldn’t give in to temptation to please others. Rather we should choose to resist temptation in order to please God.

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| **QUESTION**How did Joseph handle the temptation by Potiphar’s wife? |

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| **QUESTION**Why was Joseph successful in the eyes of the prison warden? |

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| **QUESTION**Is it easy or difficult for you to run away when tempted? |

**Reflect**

God gives us favor when we are obedient and honor Him. His faithful love never leaves us.

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| **QUESTION**What is one example in your life where God has shown you His favor or faithful love? |

**Activate**

Do your best to memorize [1 Corinthians 10:13](https://ref.ly/logosref/Bible.1Co10.13). Write it out and place it in your locker or on your bathroom mirror.

**Pray**

Dear God, thank You for helping me to resist and overcome temptation. I’m grateful for Your never-ending love in my life. I pray that You will help me to love others the way that You love me. Thank You for Your strength. Amen.

**Learn on Your Own**

**Day 2: Take Your Pick**

**Engage**

Read [Matthew 4:1–11](https://ref.ly/logosref/Bible.Mt4.1-11).

**Consider**

Everyone experiences temptation, even Jesus! Like Jesus, we have the choice of whether we’ll give in to temptation when it happens. Jesus used Scripture to fight off the schemes of the enemy who was tempting Him. Even though the devil tried every angle to trap Jesus, He was victorious. And like Jesus, we can overcome temptation, too.

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| **QUESTION**What were some of the temptations that the devil tried with Jesus? |

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| **QUESTION**How did Jesus respond to each temptation from the devil? |

**Reflect**

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| **QUESTION**How does it make you feel knowing that Jesus was also tempted and overcame it? |

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| **QUESTION**What can you learn from Jesus’ response to temptation and use when you face your own temptations? |

**Activate**

It’s extremely helpful to know that Jesus is ready to help us overcome temptation. Write down this truth on a note where you can see it multiple times a day: “Jesus helps me overcome temptation.”

**Pray**

Dear Jesus, thank You for saving me. When I face temptation, help me to remember that I can choose what to do. Help me to have strength to do the right thing. I love You. In Your name, I pray. Amen.

**Learn on Your Own**

**Day 3: Pursue**

**Engage**

Read [2 Timothy 2:15–26](https://ref.ly/logosref/Bible.2Ti2.15-26).

**Consider**

God has given us clear guidelines in the Bible about ways we should live to honor Him. He wants to use each of us in His great plan. Those who aim to please Him are the most available to be a part of His plan. This should motivate us to live a godly life that pleases the Lord.

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| **QUESTION**What kind of talk should we avoid? |

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| **QUESTION**What does verse [21](https://ref.ly/logosref/Bible.2Ti2.21) say God will do through us when we keep ourself pure? |

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| **QUESTION**What steps are you taking to keep yourself pure and free from sin? |

**Reflect**

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| **QUESTION**How can you grow in righteous living, faithfulness, love, and peace? |

**Activate**

One way to live a righteous life is through reading the Bible and praying. Commit to asking God to help you grow in these areas. Consider taking a few moments each night before you fall asleep to ask God to help.

**Pray**

Father God, I want to honor You with my life. Thank You that You have given me clear guidelines in Your Word. I pray that You would help me to grow in righteousness, faithfulness, love, and peace. Thank You for being with me. In Jesus’ name, I pray. Amen.

**Learn on Your Own**

**Day 4: What Would Jesus Do?**

**Engage**

Read [Hebrews 4:14 to 5:9](https://ref.ly/logosref/Bible.Heb4.14-5.9).

**Consider**

Jesus is the perfect bridge for us through His sacrifice on the Cross. Jesus took on human form and understood what it was like to be tempted, but He never sinned. Jesus was the perfect sacrifice. Now we have access to a relationship with God that would not have otherwise been possible. Thanks to Jesus, our relationship with God enables us to come boldly to Him for His help when we need it most.

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| **QUESTION**How does [Hebrews 5:1](https://ref.ly/logosref/Bible.Heb5.1) describe what a high priest does? How does Jesus do that for us? |

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| **QUESTION**How does it make you feel to know that Jesus, the One who represents you before God the Father, understands your weaknesses? |

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| **QUESTION**What does God provide for us when we come to His throne? |

**Reflect**

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| **QUESTION**What do you think it means to come to God’s throne boldly? |

**Activate**

Knowing that nothing is hidden from God, write down on a piece of paper one or two things that you need God’s help with. Maybe these are mistakes you’ve made in the past, hurts you’ve felt, or pain you’ve endured. Write down whatever it is. As you do this, picture Jesus’ death on the Cross and how He paid for all your hurt, pain, and sin. Skip ahead to the prayer section below. After you finish praying and have asked for God’s forgiveness or help, rip your paper up, and throw it away. Allow Jesus to give you His mercy and His grace where you need it most.

**Pray**

Gracious God, thank You for Your mercy and Your grace when I need it most. Thank You for Your Word that shows me how to live and honor You. I pray that You would help me to overcome temptation when I face it, just as Jesus did. And right now, I ask for your forgiveness for times that I failed when tempted. Please help me to move past those failures into freedom to do better in the future! In Your holy name, I pray. Amen.

**Learn on Your Own**

**Day 5: Endure It**

**Engage**

Read [James 1:12–22](https://ref.ly/logosref/Bible.Jas1.12-22).

**Consider**

It’s incredible to think about what the Bible says happens when we endure temptation and aim to please God. He is already worthy of our obedience. Yet, He blesses us for doing the right thing. He goes beyond what we deserve. This is exactly how God works! He loves us despite our imperfections.

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| **QUESTION**Where do these verses say temptation can come from? |

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| **QUESTION**What is the result of listening to the Word of God and resisting temptation? |

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| **QUESTION**Why do you think James challenged us to be quick to listen and slow to speak? |

**Reflect**

This passage tells us that God never changes. When we think about God’s goodness and His never-ending love, both are pretty incredible. We serve a reliable God who is always with us.

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| **QUESTION**How have you guarded yourself against things in your life that may be tempting or evil? |

**Activate**

Go through your room and get rid of anything in your room that is tempting you to sin. Remove any clothing, videos, music, apps, and other things that tempt you. Show God that you are serious about following Him with your whole life.

**Pray**

Dear God, thank You for being reliable when the world seems so unreliable. Help me to honor You with every area of my life. Help me to be quick to listen and slow to speak. Help those struggling with temptation to be overcomers. I am so thankful to be Your child. Amen.