



Temptation is Common

Main idea

Temptation is common to all us. Instead of hiding in our struggle with temptation, we can help each other.

Warm-up

Share a unique trivia/hobby/info about you

introduction

How many of you here are seated beside someone who looks very uncommon? Unique? There are things in our lives that are not common to everyone - Uncommon food preference (ketchup sa sinigang); personality (Mr. Bean, stoic); name (Roberto Chapchapingaw); hobby (boys- nagko-cross stitch); grades (class card full of zeros); uncommon talent

We maybe different in many ways, but the Bible says there is one thing that we all have in common: *the temptation we face every single day.*

Message

"No temptation has seized you except what is common to man..."

1 Corinthians 10:13

The temptation we go through is not something new, not unique to you and you are not the only one experiencing it. Temptation is universal. It is common to all. Other people are fighting the same battle, and no one is exempted! You can even attend church everyday and still face the same temptation.

There is no reason to feel afraid or ashamed when we face temptation. It is common! But what do we do now?

James 5:16, *"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."*

It's ok to be tempted as long as we don't give in! Instead of hiding, we can come out in the open and ask for help. It is wrong to think we can win the temptation war alone. We think its *"nakakahiya"* to admit our struggle. But we need someone who can watch our back, help us stand strong.

The Bible says that as we confess and pray for each other, as we help each other, together we can stand against every temptation.

challenge

The question is not what temptation do you face, but who is helping you overcome it? Who do you have in your life?

Application/Prayer

Get a partner and ask that person to stand with you in prayer and as a small group, commit to help each other.