**Chapter Three**

**How to resist temptation and be sure of God’s deliverance.**

**Expected outcomes**

1. To understand some verses explaining the promises and power of God to deliver believers from fear, temptation and other negative forces that he faces. Read Psalm 33:13-22; Isaiah 41: 9-13; 1Cor. 10: 13
2. How to apply these above Scriptures on a daily basis
3. Has memorised 1Cor.10: 13

**Personal Preparation before BS**

1. Memorise 1Cor.10:13
2. Text reminder about BS
3. Prepare session lesson plan
4. Pray for personal growth as a BS leader

**Be an Example**

1. You memorise 1Cor.10:13
2. Memory review of 1John 5:11-13; Rom.5: 8

**Essential concept to understand**

Read: Psalm 33:13-22. God is our help and shield

1. Sometimes we think that God is not aware of the problems and pressures that confront us. What specific information in verses, 13, 14, 18 would show you God is aware if the issues you are facing?

a………………………………………………………………………

1. Perhaps because of our pride we often rely on our own resources to deliver us from trouble (e.g. our health, money, intelligence etc. In verses 16 and 17 list three things the Lord says cannot deliver us. Write these things below. Next to them write things that might be the modern day equivalent.

a…………………………………….………………………………...

b………………………………………………………………………

c………………………………………………………………………

1. How is the Lord described in v.20?

a………………………………………………………………………

1. If we are not to trust in our own power and strength, or other human resources, what are we to trust in according to verse 21?

 ………………………………………………………………………..

**Insight:** In Psalm 34: 4-10, David notes that the Lord “delivered him from all his fears and saved him out of all of his trouble.” Try to meditate on this passage this week having especial time with God.

Read Isaiah 41: 9-13 Do not fear for I am with you.

1. What two things are we told in Isaiah 41:10 not to do?

a………………………………………………………………………

b………………………………………………………………………

Why?....................................................................................................

1. What three promises does God make in verse 10?

a………………………………………………………………………

b………………………………………………………………………

c………………………………………………………………………

1. In both verses 10 and 13, God says “Do not fear.” What specific reasons does He give in these verses for not fearing?

a………………………………………………………………………

1. What specific application can you make in your life today regarding these promises?

a………………………………………………………………………

Read 1 Corinthians 10:13 God is Faithful

1. What is meant by “temptations common to man’? Why should this be an encouragement to us?

a………………………………………………………………………

1. What does God promise to do when we are tempted?

a………………………………………………………………………

1. What are the three most common temptations we face every day?

a………………………………………………………………………

b………………………………………………………………………

c………………………………………………………………………

Read Hebrews 4:15-16 Approach the throne of grace with confidence

1. According to verse 15, why can Christ relate to the temptations you just listed?

a………………………………………………………………………

1. What are we to do in time of need? (write in your own words)

a………………………………………………………………………

1. What is the result of this action?

a………………………………………………………………………

**Fellowship and Sharing**

1. Share the material you have just studied and discuss some points of application, in the area of family, work, friendships etc.
2. Revision of the major concepts in previous studies. This would show some indications of one’s understanding, growth, and faithfulness.

**Summary and conclusion**

1. God is constantly aware of our fears, temptations, pressures that confront us. Isa. 41:19-13

2. He has experienced and understands them. Heb. 4:15

3. They are common to all men. 1Cor..10:13

4. We are not to fear, or trust in our own resources Isa. 41:10-14

5. We are to pray and trust in His name Heb.4:16; Ps. 33:21

**Closing Prayer**

Thank God that He understand the fears and temptations that we face every day; and that He has provided a way of escape. If at the present time there is fear, problems and temptations pray for deliverance.

**Assignment**

1. Share the major concept to be studied next lesson “How to experience God’s forgiveness.”
2. What is sin and how do we deal with it?
3. Memory verse will be 1 John 1:9

**Chapter Four**

**How to Experience God’s Forgiveness**

**Expected Outcome**

1. To develop a better understanding of the basic Scripture promises concerning God’s provision for forgiveness. Read Psalm 51:1-17; 1 John 1:9

2. To have a better understanding and how to apply these promises to our daily living.

3. Has memorised 1John 1:9

**Personal Preparation for BS**

1. Memorise 1 John 1:9
2. Have you studied the major concept
3. Text you BS group as a reminder
4. Prepare session lesson plan
5. Pray for each one and how to apply this Biblical truth

**Be an example**

1. Scripture memory review. Memorise 1 John 1:9
2. Did you do good preparation

**Essential concept to understand**

Read 1 John 1:9; Psalm 51:1-17

1 John 1:9- “God is faithful and just”

1. According to 1John 1:9, what must we do to be forgiven for our sins?

a………………………………………………………………………

1. What two things does God do for us when we confess our sins?

a………………………………………………………………………

b………………………………………………………………………

1. What two attributes of God, mentioned in this verse, allow us to be forgiven?

a………………………………………………………………………

b………………………………………………………………………

1. What does the word “confess” mean?

a………………………………………………………………………

**Note**: Here, the word “confess” might better be translated “acknowledge.” It is made of two Greek words which mean “to say the same thing as another” or “to agree.” Confession means that if we sin, we need to say the same thing that God does about sin. To agree with God concerning sin. This implies not only an acknowledgement of it, but an attitude toward it, that is repentant.

1. Why is it very important to confess our sins?

a………………………………………………………………………

**Note:** Psalm 32:1-7 explains to us the importance of confessing our sins and the consequencesof not confessing it. Spend time this week in reading and meditating on this passage of Scripture.

**Read** Psalm 51:1-17 “Cleanse me from my sin”

1. According to verse 1, what reason does David give for God to forgive his sin?

a………………………………………………………………………

b………………………………………………………………………

1. What, specifically, is David asking God to do in verse 2?

a………………………………………………………………………

b………………………………………………………………………

1. What does God desire, according to verse 6? How does this relate to question 4 above?

a………………………………………………………………………

1. In verse 16 and 17, what does David say is most important?

a……………………………………………………………………

**Fellowship and sh**a**ring**

Begin your fellowship time by asking about “your week”. Any challenges, personal relationships, business, and other issues. Be discerning whether some principles studied have been applied. Try to “see” how some principles work in real life situation.

Perhaps a further discussion about the significance of some of the verses studied. Is there any evidence that he/she understanding the material? It is important to understand the main concept of this study before starting a new topic.

**Summary and Conclusion**

1. When we sin, God promises to FORGIVE us if we CONFESS (agree with God) our sins. 1 John 1:9; Ps. 51:3-4,7;
2. He forgive us because HIS SON PAID THE PENALTY FOR THOSE SINS ON THE CROSS and God is faithful and righteous to honour that payment. Rom. 5:8; 1 Jn.1:9

**Closing Prayer**

1. Start your prayer with few seconds/ minutes of silent prayer
2. Include confession and giving thanks to God for forgiveness

**Assignment**

1. Review all the major concept studied.
2. Continue memorising the verses in previous lessons
3. Read the next lesson and propose some questions.