

# MADE TO THRIVE

*Created for More*

## TIPS TO A SUCCESSFUL GROUP

- **BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.

## WINNING THE BATTLE AGAINST TEMPTATION

### ICEBREAKER

If you could instantly remove one distraction from your daily life forever, what would it be? (Examples: social media "doom scrolling," junk food in the house, a negative voice in your life, etc.)

### INTRODUCTION

Many people feel stuck in cycles, like habits they can't break, temptations they keep falling into, or environments that seem impossible to escape. But we often have more influence over our choices than we realize. God doesn't call us only to resist temptation, but to **reshape the environment around us** so temptation loses its power.

### READ |

*No temptation has overtaken you except what is common to mankind... But when you are tempted, He will also provide a way out so that you can endure it. — 1 Corinthians 10:13 (NIV)*

Temptation often feels overwhelming at best and guilt-inducing at worst. But even though temptation is common, God always provides an exit, and often that way out begins with relying on Him to provide it instead of fixating on the temptation. In the story of Joseph, when his master's wife tried to tempt him, he didn't stay and try to manage the situation; he ran. Joseph shows us that sometimes the most spiritual response is simply to flee.

**What might a “way out” look like in real life?** (Examples: kindly leaving a conversation that is turning negative, putting your phone in another room before bed, not going somewhere that triggers bad habits, etc.)

## READ I

*Above all else, guard your heart, for everything you do flows from it. — Proverbs 4:23 (NIV)*

The word “guard” here was a military term used for a city watchman protecting the gates. Ancient cities did not defend every street, just the gates, because whatever came through the gate eventually filled the city. Our heart works the same way. What enters our life, such as media, relationships, and habits, eventually shapes our thoughts, decisions, and direction. Thriving people learn to ask, “What am I letting through the gate?” If we guard what enters our life, we will naturally change what flows out of our life.

**Name one toxic and one healthy "gate" in your life.** (Examples: watching the news every day versus reading the Bible, spending time with friends who gossip versus friends who uplift, etc.)

## READ I

*If your right eye causes you to stumble, gouge it out and throw it away... If your right hand causes you to stumble, cut it off and throw it away. — Matthew 5:29–30 (NIV)*

Jesus isn't promoting self-harm, but using strong imagery to make a powerful point: remove what repeatedly causes you to fall into sin. Jesus is saying to not just fight temptation, but **eliminate the trigger**. If something consistently leads us away from the life God wants, it may need to be removed, reduced, or replaced. Spiritual growth isn't just about trying harder, but making wiser choices.

**What might “removing the trigger” look like for you?** (Examples: setting boundaries with toxic influences, removing certain apps from your phone, changing routines that lead to unhealthy habits, etc.)

## WHAT WILL YOU DO?

This week, take one practical step to **take back control of your environment**:

- **Set up your environment for success.** E.g. filling your kitchen with healthier foods, setting a reminder to pray daily, etc.
- **Remove what sabotages you.** Not everything in your life deserves unlimited access.

## CLOSE IN PRAYER:

Dear God, thank You for always providing a way out when we face temptation. Help us see the choices we have and the environments we can shape. Please grant us courage to remove what pulls us away from You and wisdom to build a life that leads toward freedom. Help us guard our hearts and walk in the life You want for us. In Jesus' name, amen.



## Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

### Here's an example:

**S:** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*  
--Matthew 4:4 (NIV)

**O:** Jesus said that we can't live on food alone. Our life is sustained through His Word.

**A:** Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

**P:** Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

## SCRIPTURES FOR S.O.A.P.

### Day 1:

*I will be careful to lead a blameless life—when will you come to me? I will conduct the affairs of my house with a blameless heart.*

— Psalms 101:2 (CEV)

### Day 2:

*Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.*

— 2 Timothy 2:22 (NIV)

### Day 3:

*Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*

— 1 Peter 5:8 (NLT)

### Day 4:

*A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.*

— Galatians 6:7-8 (NIV)

### Day 5:

*... let us strip off every weight that slows us down, especially the sin that so easily trips us up.*

— Hebrews 12:1 (NIV)