



Don't Turn To The Wrong Things When Vulnerable

MAIN THING

When Life Hurts, Satan Will Always Tempt You With A New Way To Destroy Yourself

SCRIPTURE

Genesis 6:5-8, Genesis 9:20-23, Psalm 25:16, 1 Samuel 6:31-33, 2 Timothy 3:6-9 (Message Translation), Ephesians 4:26-27, Psalm 63:1-5

ICEBREAKER

Poorly describe what you do for a living. (For example, Dave poorly describes what he does for a living as, "I talk in other peoples' sleep").

OPENING THOUGHT

There are times in life where we are more vulnerable to sin and self-destruction than others. Times of depression, anger, and loneliness sometimes see us make our worst decisions and do things we would never have done at another time. Noah was the most righteous man on earth. When the flood was over, he stepped out to a ruined world. Every friend, every neighbor, every landmark, ever home- utterly gone. The only story we have of Noah after the flood was him lying around drunk. One Bible commentator said it this way- "I guess dealing with the death of every person he knew was harder than he thought it would be." We have to realize when and where we are vulnerable, because when life gets hard, Satan will always find a new way to tempt us to self-destruction.

DISCUSSION QUESTIONS

1. What was the one thing that you heard this past Sunday that stuck out to you? Why did it resonate with you like it did?
2. The sermon identified five times we are most likely to turn to something toxic- 1) Lonely, 2) Jealous, 3) Stressed, 4) Depressed, or 5) Angry. Why do you think we are so vulnerable at these times in life? How can we, in these times, defeat the temptation to destroy ourselves?
3. The greatest defense against temptation and sin is SATISFACTION. St Augustine said it best, "You have made us for yourself, O Lord, and our hearts are restless until they rest in You." On a scale of 1-10, how satisfied are you in your relationship with God? How can we find ultimate satisfaction in God so that we need nothing that Satan can tempt us with?

LIFE APPLICATION

What are some things you see yourself turning to when you are lonely, depressed, angry, etc? In other words, what things are you running to in order to make yourself feel better when life gets hard?

CHALLENGE

We can talk about avoiding sin all day long, but that only yields limited results. That would be like trying to kill every weed that grows up in your yard. A better strategy would be to plant tons of grass seed and give the dandelion and clover seeds no place to lodge. In the same way, focusing on finding our satisfaction in God is the best way to avoid temptation and sin, because the Christian who is fully satisfied in God is extremely difficult to tempt with anything. What is one thing you can do this week (and from now on) that will increase your satisfaction in God and God alone?