

# Watch Your *Life*

## Session 4: Battling Temptation with Pastor Colin Smith

### Message Outline

#### A Strategy for Fighting Sin

1. Know It.
  - a. Identify your primary battles.
  - b. Not your most vulnerable times.
  - c. Study your past experience.
2. Stalk It.
3. Kill It.
  - a. Sin Dies Slowly.
  - b. The Battle Continues.
  - c. Progress Is Possible.

### Discussion Questions

1. On a scale of 1-10 (1 being low, 10 being high), how would you describe your success in battling temptation? Why? In what ways would you like to grow?
2. What is a sin (or two) you need to fight right now? Ask God for grace to make progress in your fight against them.
3. Romans 8:13 says, "For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live." What does this verse say about battling temptation, and why is it important?
4. Read Titus 2:11–14. Why is understanding grace essential to making progress in the battle against sin?
5. Did Pastor Colin share anything that was missing in your fight against sin? If so, what?
6. How does remembering that progress is possible encourage you? How might it help you the next time you're tempted?