

# Understanding Temptation

Every week in worship many Christians repeat the words that Jesus taught his disciples to pray – the Lord’s Prayer. And in praying that prayer we ask God, among other things, to “lead us not into temptation.” But James says this in its opening chapter: “Let no one say when he is tempted, ‘I am being tempted by God,’ for God cannot be tempted with evil, and he himself tempts no one.” Later in chapter 1 James also says discusses the relationship between our faith and our actions, but what he says seems to contradict the teachings of Apostle Paul. So what gives here? Let’s dig into the letter of James together and find out.

**AWARENESS** Before listening reflect on what you already know or understand about topics we’ll cover in the episode.

- How do you define temptation? Where do you believe temptation comes from?
- Reflect on a past experience of trial in your life. Did it affect your faith? Are you a changed person because of it?



**LISTEN TO THE EPISODE:** [Understanding Temptation](#)

**READ** [James 1](#)

**REFLECTION** After listening, consider the following questions:

- What is your natural reaction and attitude during difficult times? How does that compare to what James encourages? What changes might you make?
- Why is the Rule of Faith helpful in understanding the book of James? Are there other passages that confuse you? Might you try applying the Rule of Faith to them for greater understanding?
- Consider a few times you’ve struggled in life and honestly assess them. Were they trials or temptations? How can recognizing this difference help you in the future?
- How are you changed because of God’s grace? If someone watched you for a day, would your actions and speech accurately reflect that change in you and what you now believe?

**RELATED PASSAGES** for further study

[Genesis 22:1-19](#), [1 Peter 1:3-9](#), [Romans 5:1-5](#), [Luke 11:28](#)

## CONCLUSION

Read [Psalm 27](#), and consider memorizing a few verses or the whole passage. Make a list of other passages that remind you of your faith in times of trial or adversity. Revisit these passages often and ask the Lord to make these the words that come to mind first when you experience rough or difficult times in life.

---

<https://groundworkonline.com/episodes/understanding-temptation>

*Printed on February 4, 2025*

©  ReFrame Ministries