Footprints of Faith

Testimony and Perseverance Through Temptation

Lesson Two: Temptation Is Not Defeat

Participant Outline

Focus: Distinguish experiencing temptation from yielding to it and identify an appropriate response during the struggle.

Scripture readings: Hebrews 4:15–16; Matthew 4:1–11; James 1:13–15.

Follow the lesson

1. Difficulty Along the Path
2. Jesus Was Tempted
3. The Wilderness Testimony
4. From Desire to Action
5. An Ordinary Moment of Resistance
6. Seeking Help During the Struggle

Key ideas

• Temptation itself does not establish defeat.

• A need and a proposed means of satisfying it are different.

• Seeking help belongs within the time of need.

Discuss and reflect

1. What is the difference between an unwanted thought and deliberately pursuing it?
2. How can a genuine need be paired with a wrongful means of meeting it?
3. What help could be sought before acting?

Personal application

A recognizable pressure is… A faithful response and source of help are…

Notes and reflections

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Keep this page for the final testimony project. Reflections may remain private.