



TEMPTATION

Before the Meeting: Preparation

None

Step 1: Introductions and Icebreakers

Say:

We are going to talk about temptation today. The definition of temptation is the “desire to do something, especially something wrong or unwise”.

Gotcha Activity:

Have everyone stand in a circle, arms out to the side. Left hand palm up, right index finger pointing down and touching on neighbor’s outstretched palm. When I say the word GO, do 2 things – Grab the finger in your left hand and prevent your right finger from being grabbed.

Say:

....1.....2.....3 (add suspense and temptation).....Go! Repeat several times.

Note: The trick to this exercise is building up the suspense – most will jump the gun – adding in the fun. Try using different trigger words for humor – cheese, freeze, a sneeze, etc.

Close the Activity by Asking:

Raise your hand if you were tempted to start early? What other temptations did you have?

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- What is temptation to you? How would you define temptation?
- Share about a time when you or someone you know was tempted to do something you knew you weren't supposed to do. What were the consequences?
- What ways are we (teenagers) tempted?
- What are the most common areas of temptation for a teenager?
- When tempted, what factors would lead you to do something you are not supposed to do?
- What settings or environments are more favorable to act on a temptation or make a bad choice?
- How can you avoid a temptation?
- What support or help do you need from others to avoid temptations? How can you get this support?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about temptation?
- What is one thing you can do tomorrow to avoid temptation?