

Read: 1 Corinthians 10:1-13

There's Always a Way Out

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

In the name of the Father and of the Son and of the Holy Spirit. Amen.

“But lead us not into temptation.” Do you recognize those words? We say them every time we pray the Lord’s Prayer. We ask God to deliver us from evil and to lead us not into temptation. *Temptation* is a big word! What does temptation look like in our lives?

Different people face different temptations. Sometimes it’s tempting to be mean to our friends and family members because it’s so much harder to show them love. Sometimes we’re tempted to sit through a devotion without really hearing a single word. Sometimes we’re tempted to rely on ourselves or other people in our lives rather than trusting in God. And the list goes on.

We face temptation every day. Sometimes we make wise decisions and avoid them. Too often, we don’t. Often, giving in to the temptation seems like more fun or the cool thing to do. Giving in is easy; standing strong is hard.

That’s the bad news. But there’s also good news! Like us, Jesus faced temptation that wasn’t easy for him. But unlike us, he stood up to every temptation perfectly. That’s why God’s Word for today says that because Jesus suffered while he was being tempted, he understands exactly what we are going through when we’re being tempted—and he can help us when we face temptation.

Having someone who can help us through our temptations is really good news. And there’s even more good news in today’s reading. Temptation will always be part of our life. But God promises he will also provide a way out. Even if we can’t always see what that way out is, we can be sure that it’s there.

We won’t always resist temptation perfectly. We won’t always take that way out. We’ll fail sometimes. But don’t give up! Confess the times we fail and ask for God’s forgiveness. Then, try again when the next temptation comes. And always thank God that Jesus perfectly resisted every temptation in our place—so that one day, we can be with him in heaven where we’ll be free of every temptation. Until then, know God will always provide a way out!

The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.

Questions for the Younger Children

- *Temptation* is a big word. Can you explain what it means?
- Who perfectly resisted every temptation?

Questions for Elementary Age Children

- What does it mean to be tempted?
- How do you know that Jesus can help you when you are tempted?

Questions for Middle School and Above

- What should you do when you're faced with temptation and you can't see the way out?
- Think of a temptation that you face regularly. What wise decision can you make to resist it?

Closing Prayer:

Dear Jesus, thank you for resisting every temptation and being without sin. Help me to get better at resisting when I am tempted. Show me the way out that you have promised in your Word. Amen.