

# Saint Talks

## Group Discussion

Season 4  
Session 2

### Overcoming Temptation: The Christian Athlete's Battle

#### Objective:

To explore the challenges of temptation faced by Christian athletes and to provide strategies for overcoming temptation through reliance on God's strength, accountability, and spiritual disciplines.

<b>Opening Prayer:</b>	Heavenly Father, as Christian athletes, we recognize the battle we face against temptation in our journey. Grant us wisdom and strength as we delve into this topic and seek Your guidance on how to overcome temptation. Amen.
<b>Biblical Reflection:</b>	Read 1 Corinthians 10:13 and reflect on the promise that God will provide a way out when we are tempted, understanding that He equips us to overcome temptation through His power and grace.
<b>Discussion:</b>	<ul style="list-style-type: none"> <li>● Share personal experiences of times when you've faced temptation as an athlete and how you've responded to it.</li> <li>● Discuss common temptations that athletes may encounter, such as pride, dishonesty, anger, or compromise of values for success.</li> <li>● Explore biblical and practical strategies for resisting temptation, including reliance on God's Word, prayer, accountability, and seeking support from mentors and teammates.</li> </ul>
<b>Application:</b>	<ul style="list-style-type: none"> <li>● Reflect on areas of vulnerability to temptation in your athletic journey. Are there specific temptations you struggle with?</li> <li>● Identify practical steps you can take to guard against temptation, such as memorizing Scripture, establishing accountability partners, and setting boundaries to avoid compromising situations.</li> <li>● Commit to relying on God's strength to overcome temptation, trusting in His faithfulness to provide a way out and empower you to resist.</li> </ul>
<b>Closing Prayer:</b>	<p>Lord God, we thank You for Your promise to provide a way out when we are tempted. Help us to be vigilant and proactive in guarding against temptation in our athletic journey. Grant us the strength and wisdom to resist, knowing that You are with us every step of the way.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>