Week / Lesson 8 · A Way through Temptation

1 Wakorintho / 1 Corinthians 10:1-14

Name (optional): _____ Date: _____

Identify a trigger and make an early exit plan with appropriate support.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can an exit be recognized before a harmful cycle returns? Grace calls from secrecy toward truth, protection, and support.

3 · Discuss

What does “just stop” overlook about triggers, circumstances, and addiction care?

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4 · Examine honestly

Which time, place, or feeling increases risk? Which support needs arranging before temptation?

5 · Practice one step

Before a known risky period, write a plan: trigger, exit action, trusted contact, and professional support where needed. Safely remove one cue. Arrange a weekend check-in without public disclosure of sensitive details.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: Faithful God, let truth overcome secrecy, wisdom recognize a safe path, and grace encourage receiving help. Amen.