



Leader's Guide

I Don't See a Way Out

1 Corinthians 10:13-14 | Pastor Dave Bennett | July 12, 2026

Session Overview

We all struggle with addictions. This could be your stereotypical addictions, like drugs and alcohol, but could also be social media, gambling, eating, gossip, or other actions that once gave us peace or satisfaction. They once didn't feel harmful to us, but over time, they became all-consuming and out of control - we become reliant on these things rather than God. And that's what we're going to discuss today. We will not just talk about addictions, but the ways that God can bring us out of them and the freedom that comes with that.

Session Flow (60-75 minutes)

Welcome and Icebreaker (10 minutes)

When you are in a stressful or sad time in your life, what is something that brings you comfort? This could be something physical, like food, or more of a concept, like social media or a comfort movie.

Purpose: This will get the group to start thinking about the habits they have that could possibly get out of hand. It also will start opening the group up to a pretty vulnerable conversation.

Scripture Reading

Read 1 Corinthians 10:13-14 aloud together.

Leader Coaching Sidebar

- Work towards creating a community out of your group to be there for one another. A cord of three strands is not easily broken!
- Assure everyone in the group that we all struggle with temptation and addiction. It is a guaranteed part of human existence - even Jesus faced temptation.
- Hold a time of confession if it seems like the group is needing it.

Discussion (40-50 minutes)

- 1. Do you have something you feel like you can't live without? What is it and why do you feel that way?**

Leader Note: This will show the group that everyone struggles with an addiction of some sort. We all have something we use to fill the hole that only God can fill.

- 2. What does addiction mean to you? What did you learn about addiction from the sermon this week?**

Leader Note: In the sermon, we talked about how addiction is not a flaw or weakness but develops when we search for relief or comfort.

- 3. What was something that you once thought would satisfy, but turned into an addiction?**

Leader Note: To name the mechanism like John does in 1 John. This also gets the group thinking about how their addictions develop and how to keep watch for the future.

- 4. What do you think that addiction was trying to fill? How can we combat that with how God fulfills us in that way?**

Leader Note: This is connecting with the last question. Encourage everyone to counter our actions to find satisfaction with the ways God fully satisfies us.

- 5. Even when we feel too far gone, God is still actively trying to draw us back to Him. How does that change your perspective of an past or current situation?**

Leader Note: It can be discouraging and feel never ending, but knowing that God wants us just the way we are can give us hope to break free of our addictions with God's help.

- 6. What are some ways we can prepare and strengthen ourselves against the Enemy, who tries to target our weaknesses and keep us from God and one another?**

Leader Note: The Enemy tries to destroy us because we are worth destroying! We matter to the kingdom, so how can we protect ourselves to grow the kingdom?

- 7. Last week, we talked about how endurance builds character. How does knowing that encourage you in facing temptation?**

Leader Note: We talked about how God does not let our suffering go to waste, using our trials for good. Similarly, God uses the struggles of temptation to strengthen us.

- 8. Read Ecclesiastes 4:9-12 and reflect on the ways we are strengthened when we have others around us. How can community help you go through the temptations of life?**

Leader Note: Try to emphasize that this group is a community of people who want to be there for one another and support each other through temptations and struggles.

- 9. What has been your experience with confession? How has this helped you through temptations?**

Leader Note: We talked about the power of confession in the sermon. Share experiences with the group to see how it can be helpful in navigating temptations.

- 10. Do you have someone you trust to give you direction? Is there someone you mentor? How have these relationships affected each of you?**

Leader Note: Mentorship, both being a mentor and a mentee, help to grow our faith. These relationships push us and keep us accountable in growing in Christ.

Application and Prayer (10-15 minutes)

Last week, we ended our sermon talking about sharing our burdens with God, allowing him to carry the weight of our trials. This week, we are talking about a similar thing - God sharing our temptations. God wants to share this burden with us; when we hand our temptations over to the Lord, they no longer feel all-consuming. They are unavoidable due to our sinfulness, but God can intervene and make our temptations manageable. We also can trust each other with the struggles we face so we don't have to do everything alone. What would it look like to share our temptations with God? What would it look like to share those with others?

Closing Prayer Suggestion

Lord, we thank you for actively wanting to share our burdens. We know that temptations are avoidable. Even your perfect Son faced them. But you don't want to leave us in the constant struggle of temptations, but to help us through our temptations and give our addictions to you. By handing them over, you are able to give us comfort beyond what earthly things have to offer. Help us to give up the control of our addictions and give them to you so you can satisfy our needs. We ask these things in your name, amen.