



# HEART STRINGS



**Week B**  
**Self Control**

## LEADER PREP

### MAIN POINT

**Just because I can does not mean I should/need to**

### SCRIPTURE

Jeremiah 17:9, Genesis 39:1-12

### GOAL OF SMALL GROUP

To help students learn how to resist temptation and choose Jesus above their own desires.

### THINK ABOUT THIS

Our feelings are often strong but they change all the time, sometimes from minute to minute. In the teenage years, emotions can feel extra heightened and intense and can toss us around like a storm tosses a boat on a sea, but our world acts like our emotions are the most reliable thing to follow. Help your students see God is deeper than their emotions, like the bottom of the sea. Think through for yourself: how do you pursue God in the middle of strong emotions? What tips from your own life can you share with your students about pursuing God through feeling different emotions? Give your students some practical examples from your life. It may help them see how they can pursue their faith when they are told different than what God says to do.

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation. too.*

## DISCUSSION QUESTIONS

### THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message.
- When was the last time you felt strongly tempted to do something? (*Last week, this morning, etc.*)
- Why do some people feel like they have to give into strong emotions when they show up?
- How often are teens faced with temptations?
- When people are faced with temptations, what does that feel like?

### THE WORD

#### READ Genesis 39:1-12

- What sticks out the most to you in this story?
- How do you feel about Joseph's response to that temptation? Was it rational? Why or why not?
- Why is honoring God with our actions so important?
- Is it easy or hard to resist temptations that look easy?
- Do you feel like there are levels to being obedient to God? Is it worse if you can get caught vs if no one will know?
- This was a big temptation in Joseph's case, but do you respond to small temptations like Joseph did in this story? If no, why not? (*Reminder: this is a safe place for us to be real with each other, we all fight temptations.*)

### NEXT STEP

- The overall truth is that **Even when we don't feel like giving it, God wants our devotion.**

Ways to grow in our faith when we don't feel like it:

- **Admit how you're feeling to a trusted adult** - Please know you can always talk to me more about this - I'm here for you. Who are other adults in your life you can talk to for guidance with temptations?
- **Ask God to give you a passion and desire to follow Him - Read Zephaniah 3:17 - how can this verse help?**
- Remember to **Acknowledge where your emotions are coming from** - honesty and openness about our feelings will help us to grow. Do you feel you can be honest with God? Why or why not?

### PRAY

We are going to close in prayer.  
Anyone have any prayer requests?

## Jeremiah 17:9

"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"

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## Genesis 39:1-12 NIV

"Now Joseph had been taken down to Egypt. Potiphar, an Egyptian who was one of Pharaoh's officials, the captain of the guard, bought him from the Ishmaelites who had taken him there.

**2** The Lord was with Joseph so that he prospered, and he lived in the house of his Egyptian master. **3** When his master saw that the Lord was with him and that the Lord gave him success in everything he did, **4** Joseph found favor in his eyes and became his attendant. Potiphar put him in charge of his household, and he entrusted to his care everything he owned. **5** From the time he put him in charge of his household and of all that he owned, the Lord blessed the household of the Egyptian because of Joseph. The blessing of the Lord was on everything Potiphar had, both in the house and in the field. **6** So Potiphar left everything he had in Joseph's care; with Joseph in charge, he did not concern himself with anything except the food he ate.

Now Joseph was well-built and handsome, **7** and after a while his master's wife took notice of Joseph and said, "Come to bed with me!"

**8** But he refused. "With me in charge," he told her, "my master does not concern himself with anything in the house; everything he owns he has entrusted to my care. **9** No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?"

**10** And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her.

**11** One day he went into the house to attend to his duties, and none of the household servants was inside. **12** She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and ran out of the house."

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## NOTES