Sin's Progression Activity

David is described as a man after God's own heart, yet his life is marked with episodes of sin—several of them very deplorable. In the book of James, God gives us a clear pattern of the slippery slope into sin.

1. Read James 1:12–15 and write down the steps in the progression of sin:

2. According to this passage, where does temptation come from?

3. Now read 2 Samuel 11 and try to identify these elements in the account of King David.

4. Think about a sin that you are prone to commit (lying, gossiping, overeating, lustful thoughts, etc.). Can you identify a pattern in your slide into sin that fits these three steps from James 1?

5. How could understanding this pattern help you to overcome this sin as you cooperate with the Holy Spirit to put this sin to death?

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