

## **Avoid Your Kryptonite**

### **Ready:**

“If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” – 1 Corinthians 10:12-13

### **Set**

Superman is perhaps the most powerful and popular superhero of all time. Mild-mannered Clark Kent is transformed into a virtually invincible force for good. Imagine him on the football field! But like every superhero, he has both an enemy and a weakness. For Superman, evil is the enemy and Kryptonite creates his weakness.

Like Superman, we also have an enemy and a weakness. Our enemy, the devil, will use his schemes to appeal to our weaknesses so that he can distract, defeat, and ultimately destroy us.

Some things like addiction to technology or social media distract us from our mission and make us weak. Other temptations like sexual images, the desire for popularity, or accumulation of the latest material stuff can be even more damaging. These things are common to all of us, but God gives us the way out (1 Cor 10:12-13).

For those of us who have placed our faith in Christ, we are now given the right to be called children of God; we are new creations. And, we’ve been given “supernatural” power through the Holy Spirit to live a holy and godly life. Each one of us has the power to overcome temptations and be obedient to Christ.

So what is your Kryptonite? What are the things in life that tempt you that you often give in to under pressure? What makes you weak? What are the things that give the enemy an easy advantage over you?

Let’s begin to see these temptations as Kryptonite – things that make us weak and derail us from accomplishing God’s purposes in our lives. And let’s avoid them like the plague that they are!

### **Go**

1. List 3 things that are like Kryptonite in your life.?
2. Describe how you will avoid each piece of Kryptonite here.

### **Workout**

- 1 John 2:15-17
- 1 Corinthians 6:12-18
- 2 Peter 1:3-4

## Overtime

“God, help me avoid all the Kryptonite in my life and live strong in the power of your Holy Spirit.”

### Bible Reference:

1 John 2:15-17  
1 Corinthians 6:12-18  
2 Peter 1:3-4



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