

Temptations: Jesus and You

It is not a sin to be tempted.

Matthew 4:1-11 (NIV)

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶ “If you are the Son of God,” he said, “throw yourself down. For it is written: “He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.”

⁷ Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’”

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ “All this I will give you,” he said, “if you will bow down and worship me.”

¹⁰ Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

¹¹ Then the devil left him, and angels came and attended him.

Hebrews 4:15 (NIV)

For we do not have a high priest (JESUS) who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

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Hebrews 2:18 (NIV)

Because he himself suffered when he was tempted, he is able to help those who are being tempted.

You will never **outgrow** temptation.

After a **spiritual** high, you can expect a spiritual **test**.

Luke 4:1-2 (NIV)

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil.

Temptation isn't always about your weaknesses. Many times, temptation is about misusing your strengths.

How to **resist** temptations:

Study God's **Word** and **Memorize** Key Verses.

Psalms 119:11 (NIV)

I have hidden your word in my heart that I might not sin against you.

Deuteronomy 6:5-7 (NLT)

And you must love the LORD your God with all your heart, all your soul, and all your strength. ⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

Deuteronomy 11:1, 19 (NLT)

“You must love the LORD your God and obey all his requirements, decrees, regulations, and commands. Teach them to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

Know **yourself**: what are your vulnerabilities?

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Matthew 26:41 (NIV)

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

- 1) **When** am I most tempted?
- 2) **Where** am I most tempted?
- 3) **Who** is **with** me when I am most tempted?
- 4) How do I **feel** before I am tempted?

Plan what you are going to do.

Proverbs 4:26-27 (NLT)

Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.

Guard your **heart**.

Proverbs 4:23 (NLT)

Guard your heart above all else, for it determines the course of your life.

Pray for **deliverance**.

1 Corinthians 10:13 (NLT)

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.

Refocus your attention.

Find a **support partner**.

Ecclesiastes 4:9-10 (God's Word Translation)

Two people are better than one because together they have a good reward for their hard work. ¹⁰ If one falls, the other can help his friend get up. But how tragic it is for the one who is all alone when he falls. There is no one to help him get up.

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