

## THE LIFE OF JESUS

### How To Resist Temptation

Matthew 4:1-11 - Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> After fasting forty days and forty nights, he was hungry. <sup>3</sup> The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." <sup>4</sup> Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" <sup>5</sup> Then the devil took him to the holy city and had him stand on the highest point of the temple. <sup>6</sup> "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.'" <sup>7</sup> Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" <sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. <sup>9</sup> "All this I will give you," he said, "if you will bow down and worship me."<sup>10</sup> Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" <sup>11</sup> Then the devil left him, and angels came and attended him.

Luke 4:13 - When the devil had finished all this tempting, he left him until an opportune time.

#### 1) Satan often attacks after we have a victory.

1 Corinthians 4:12-13 - So, if you think you are standing firm, be careful that you don't fall! <sup>13</sup> No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

#### 2) Satan often attacks when we are weak or unprepared.

1 Peter 5:8-9 - Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. <sup>9</sup> Stand firm against him, and be strong in your faith.

We should HALT and know we are open to temptation when we are:

H hungry    A angry    L lonely    T tired

#### When we face temptation, we should ask God to show us how to reject it and then run!

1 Corinthians 1:12-13 - If you think you are standing strong, be careful not to fall. <sup>13</sup> 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.

2 Timothy 2:20-22 - In a wealthy home some utensils are made of gold and silver, and some are made of wood and clay. The expensive utensils are used for special occasions, and the cheap ones are for everyday use. <sup>21</sup> If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work. <sup>22</sup> Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.