

READ 1 Corinthians 10:13 Mark what stands out to you.

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. Understand the devastating consequences of sin.
- 3. Know and take advantage of the Word of God.
Psalm 119:11 *I have hidden Your Word in my heart, that I might not sin against You.*
- 4. Pray daily for the filling of the Holy Spirit to reinforce you.
- 5. Know and protect your areas of weakness.
- 6. Value character more than reputation.
Psalm 25:21 *May integrity and honesty protect me, for I put my hope in You.*
Character is who you are when nobody's looking.
- 7. Temptation is ever-present in our lives.
Luke 4:13 *When the devil had finished tempting Jesus, he left Him until the next opportunity came.*

Conclusion

Jesus met each temptation with the same resources we have today: the power of the Holy Spirit and Word of God.

Satan will whisper one of two lies to us:

- 1. "One sin won't matter."
But, it matters. It can be lethal.
- 2. "You've gone too far. You're beyond the point where God can forgive you."
But, that's not true. The love of God is greater than any of our sins, and if we come to Him in repentance, He will forgive us.

RESPOND (Application for this week) **WHAT** were the most significant scriptures for you this week? (Write out and highlight key words or phrases.) _____

WHY are those scriptures significant to you at this time in your life? _____

HOW can you practically apply what God spoke to you about this week? _____

WHAT will be the time frame for your application?
(1) Start Date _____ (2) **Progress** Check Date(s) _____ (3) Finish Date _____

WHO I can ask to hold me accountable for my application: _____

Sermon-Based Devotional

Lawrence Free Methodist Church
(Based on a Sermon by Pastor Bill Bump on September 17, 2017)

THE SECRET TO RESISTING TEMPTATION

Series: Luke

^a **Luke 4:1-13** – Knowing and obeying God’s Word is an effective weapon against temptation, the only offensive weapon provided in the Christian’s “armor” (Ephesians 6:17). Jesus used Scripture to counter Satan’s attacks, and so should we. But to use it effectively, we must have faith in God’s promises because Satan also knows Scripture and is adept at twisting it to suit his purposes. Obeying the Scriptures is more important than simply having a verse to quote. Jesus said to Satan, “*The Scriptures say, ‘People do not live by bread alone, but by every Word that comes from the mouth of God’*” (Matt. 4:4, NLT) We need to spend time with God in the Word daily and apply the Word to our daily life. Then you will be adept at using the “sword of the Spirit” as a weapon against whatever Satan throws at you. Just as we need to have physical nourishment daily – we need to nourish ourselves spiritually by allowing time to *take-in* God’s Word – and then exercise spiritually by doing what God says.

^a Adapted from the Life Application Bible, New Living Translation, Large Print Edition, Tyndale, p. 2,191

There is a struggle going on for control of our hearts. Satan would deliberately plunge us into despair and death, but Jesus seeks to lift us up to hope and eternal life. Whom do we allow to take control?

John 10:10 – “*The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*” (Jesus)

Immediately after His baptism, Jesus went into the wilderness where He was tempted by the devil.

Hebrews 4:15 *This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin.*

We want to learn from Jesus’ experience and allow Him to lead us to spiritual victory.

^a **Luke 4:1** – Sometimes we feel that if the Holy Spirit leads us, it will always be “*beside peaceful streams*” (Psalm 23:2). But that is not necessarily true. The Holy Spirit led Jesus into the wilderness for a long and difficult time of testing, and HE may also lead us into difficult situations. When facing trials, first make sure you haven’t brought them on yourself through sin or unwise choices. If you find no sin to confess or unwise behavior to change, then ask God to strengthen you for your test. Finally, be careful to follow faithfully wherever the Holy Spirit leads.

^a Adapted from the Life Application Bible, New Living Translation, Large Print Edition, Tyndale, p. 2,191

Jesus’ experience:

- 1. Satan attacked Jesus and sought to gain control of His life.

READ Luke 4:1-2 Mark what stands out to you.
¹ *Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness,* ² *where He was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry.*

Luke 4:2 – Why was it necessary for Jesus to be tempted? First, temptation is part of the human experience. For Jesus to be fully human, for Him to understand us completely, He had to face temptation (see Hebrews 4:15). Second, Jesus had to undo Adam’s work. Adam, though created perfect, gave in to temptation and passed sin on to the entire human race. Jesus, by contrast, resisted Satan. His victory offers salvation to all of Adam’s descendants (see Romans 5:12-19).

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REFLECT Write your observations and thoughts from Luke 4:1–2.

I.E. Jesus was intentional about everything He did. He knew He was going to be in a spiritual battle with Satan—& He chose to fast during that time.

If Jesus could be tempted, then we will never become so spiritually mature that we won't be tempted to do wrong.

1 Corinthians 10:12 *If you think you are standing strong, be careful not to fall.*

The fact that Jesus was tempted tells us that temptation itself, is not a sin. Sin occurs when we give in to the temptation.

Most temptation comes from our own sinful nature, which is attracted to the sinful pleasures that Satan has created.

James 1:13-14 ¹³ *And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, & He never tempts anyone else.* ¹⁴ *Temptation comes from our own desires, which entice us and drag us away.*

Mark everything that stands out to you in the following passages: Luke 4:3-8.

2. The temptation of pleasure

READ Luke 4:3-4 ³ Then the devil said to Him, "If You are the Son of God, tell this stone to become a loaf of bread."

⁴ But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone.'"

^a **Luke 4:3ff.** – Sometimes what we are tempted to do isn't wrong in itself. Turning a stone into bread wasn't necessarily bad. The sin was not in the act but in the reason behind it. The devil was trying to get Jesus to take a shortcut, to solve Jesus' immediate problem at the expense of His long-range goals, to seek comfort at the sacrifice of His discipline. Satan often works that way—persuading us to take action, even right action, for the wrong reason or at the wrong time. The fact that something is not wrong in itself does not mean that it is good for you at a given time. We can sin by attempting to fulfill legitimate desires outside of God's will or ahead of His time-table. First ask: Is the Holy Spirit leading me to do this or is Satan trying to get me off the track?

Often, we are tempted not through our weaknesses, but through our strengths. The devil tempted Jesus where He was strong. Jesus had power over stones, the kingdoms of the world, and even angels, and Satan wanted Him to use that power without regard for His mission. When we give in to the devil and wrongly use our strengths, we become proud and self-reliant. Trusting in our own abilities, we feel little need of God. To avoid this trap, we must realize that our strengths are God's gifts to us, and we must dedicate those strengths to His service.

^a Adapted from the Life Application Bible, New Living Translation, Large Print Edition, Tyndale, p. 2,191

Maturity has been defined as the ability to postpone pleasure. But, Satan tempts us with immediate gratification.

The issue, therefore, is not bread, but trust, depending on God to provide in His own way and time.

3. The temptation of power

READ Luke 4:5-7 ⁵ Then the devil took Him up and revealed to Him all the kingdoms of the world in a moment of time. ⁶ "I will give You the glory of these kingdoms and authority over them," the devil said, "because they are mine to give to anyone I please."

⁷ I will give it all to You if You will worship me."

Satan is temporarily the prince of this age.

Satan was testing Jesus' faith in God as the supreme moral Ruler of the universe. Jesus' response to Satan:

READ Luke 4:8 Jesus replied, "The Scriptures say, 'You must worship the Lord your God and serve only Him.'"

REFLECT Write your thoughts from Luke 4:3-8. _____

Deuteronomy 6:13 "You must fear the Lord your God and serve Him. When you take an oath, you must use only His name."

4. The temptation of popularity

READ Luke 4:9-12 **Mark everything that stands out to you.**

⁹ Then the devil took Him to Jerusalem, to the highest point of the Temple, and said, "If You are the Son of God, jump off!" ¹⁰ For the Scriptures say, 'He will order His angels to protect and guard You.' ¹¹ And they will hold You up with their hands so You won't even hurt Your foot on a stone.'" ¹² Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'"

Luke 4:9-11 – Here the devil misinterpreted Scripture. The intention of Psalm 91 is to show God's protection of His people, not to incite them to use God's power for sensational or foolish displays.

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Satan sought to tempt Jesus to test God rather than trust Him.

Deuteronomy 6:16a – *You must not test the Lord your God...*

Faith does not take senseless leaps into the unknown and dare God to respond.

REFLECT Write your thoughts from Luke 4:9-12. _____

Lessons that help us to be victorious over temptations:

1. Be inspired by the victory of Jesus.

READ the following passages. **Mark everything that stands out to you.**

James 4:7 *So humble yourselves before God. Resist the devil, and he will flee from you.*

Galatians 5:16 *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.*

1 John 5:4 *For every child of God defeats this evil world, and we achieve this victory through our faith.*

REFLECT Write your thoughts from the above passages. _____
