

RESOURCES FOR OVERCOMING TEMPTATION

Learning Life-Lessons in Lent

Luke 4:1-13

JESUS MODELS FOR US HOW TO FACE TEMPTATION:

1. SUBMIT YOURSELF TO THE

HOLY SPIRIT'S CONTROL

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” Ephesians 5:18 (NIV)

“Don't be drunk with wine, because that will ruin your life. Instead, let the Holy Spirit fill and control you.” (NLT)

For more on living in the Spirit, see Galatians 5:16-26

“Then Jesus, full of the Holy Spirit, left the Jordan River. He was led by the Spirit to go out into the wilderness” Luke 4:1 (NLT)

“The Spirit immediately drove him out into the wilderness.”
Mark 1:12 (RSV)

2. LEARN THE WORD OF GOD WELL

“The devil said to him, ‘If you are the Son of God, tell this stone to become bread.’ Jesus answered, ‘It is written: “Man does not live on bread alone.”’” Luke 4:3-4 (NIV)

“[God] humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.” Deuteronomy 8:3 (NIV)

3. KNOW THE IDENTITY OF JESUS

“The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, ‘I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. So if you worship me, it will all be yours.’ Jesus answered, ‘It is written: “Worship the Lord your God and serve him only.”’” Luke 4:5-8 (NIV)

“When the Lord your God brings you into the land ... – a land with large, flourishing cities ... – then when you eat and are satisfied, be careful that you do not forget the Lord, who brought you out of ... the land of slavery. Fear the Lord your God, serve him only”
Deuteronomy 6:10-13 (NLT)

“And in human form [Jesus] obediently humbled himself ...by dying a criminal's death on a cross. Because of this, God raised him up to the heights of heaven and gave him a name that is above every other name, so that at the name of Jesus every knee will bow, in heaven and on earth and under the earth, and every tongue will confess that Jesus Christ is Lord....” Philippians 2:8-11 (NLT)

4. KNOW YOUR IDENTITY IN JESUS

“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! For the Scriptures say, “He orders his angels to protect and guard you. And they will hold you with their hands to keep you from striking your foot on a stone.”’ Jesus responded, ‘The Scriptures also say, “Do not test the Lord your God.”’” Luke 4:9-12 (NLT)

“But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.” 1 Corinthians 10:13 (NLT)