



Introduction

When you invited Jesus into your life, there was rejoicing in heaven! God and all those who love Him are excited that you by faith have chosen to let Jesus pay for your sins. But there is also an enemy who is angry about that decision. That enemy, the Devil, is anxious to see you fail. He wants to cause you to stumble and fall if possible. But God has made provision for you so that you can have victory over the enemy who has now set himself against you.

Temptations to Sin are Sure to Come

In teaching His disciples to pray, Jesus included an important request.

⁹ "This, then, is how you should pray: "Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² Forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from the evil one."

Matthew 6:9-13

- In verse 13, circle the request we are to make concerning temptation.
- In verse 13, underline the one from whom we need to be delivered.
- *Jesus was aware that temptation to sin lies close at hand to those who want to do God's will. That is why He instructed us to make such a request.*

Often, through our own neglect, or our own prayerlessness, temptations find us.

¹³ When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each one is tempted when, by his own evil desire, he is dragged away and enticed.

James 1: 13-14

- Underline the one who is not the source of temptation.
- Circle the cause of temptation

It is not a sin to be tempted. As you will see, Jesus himself was tempted. He did not yield to the temptation. Being tempted is never a sin. Yielding to that temptation is sin.

Jesus' Example

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-- yet was without sin.

Hebrews 4:15

- *Jesus is the high priest being discussed in this verse.*
- Circle the ways that Jesus has been tempted.
- Underline the phrase describing whether Jesus yielded to the temptation.
- *Because he has been tempted in every way like we are tempted he is able to understand and sympathize with our weakness.*

Prayer is a great defense

One of the most powerful tools God has given us is prayer. Learn more about prayer in the **VDRC** Basics Study Number 4, The Importance of Prayer

God is never the source of temptation. Sometimes the Devil will tempt us. But most of the time our old sin nature is the source of our temptation.

Jesus' temptations occurred as frequently as yours. However, there was one episode of temptation that was particularly significant.

¹ Then Jesus was led by the Spirit into the desert 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 does 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.

Matthew 4:1-11

- In verse 1 underline the one who was doing the tempting.
- In each of the three temptations, circle the phrase that Jesus used to start his response to the tempter.

Resist the Devil

Just as Jesus effectively resisted the Devil's temptation, you can too. But there are some things you need to know.

⁸ Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

1 Peter 5:8-9

- Circle that for which your enemy is looking.
- Underline the phrase describing the way the devil prowls around.
- Frame the command in verse 9 as to how we should respond to the Devil.

James offers a similar piece of instruction.

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

James 4:7

- Circle the way we are to relate to God.
- Underline how we are to relate to the devil
- Frame how the devil will respond to you.

God's Word is a defense

In each response to the Devil's temptation, Jesus relied upon the Scripture as His means of defense.

Some things are obvious to one who will consider:

- > Jesus did not have a book with Him in the desert.
- > He had spent time before the temptation memorizing God's Word.
- > Satan had no effective countermeasure for the Scripture Jesus quoted.

If Jesus spent time memorizing God's Word, should you do the same?

You can begin a systematic memory plan. Check out the guidelines for memorizing scripture in the Tools section of the **VDRC** web site.

Know your enemy

The Devil is a very powerful, intelligent adversary. But because you have the Spirit of God living within you he is subject to your resistance. When you say, like Jesus did, "Away from me Satan" he will obey. He obeys not because of your power but because of the Spirit of God living in you.

A Way of Escape

In every circumstance of temptation, whether you are tempted by the devil or by your own inclination to sin, God will help you.

No temptation has seized you except what is common to man. 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 stand up under it.

1 Corinthians 10:13

- Underline the thing that is true about every temptation you face.
- Circle the one who can help you have victory when you are tempted.
- Frame the phrase describing how you can keep temptation from turning into sin.
- Underline the provision God makes for anyone who is tempted.

For every temptation, God promises a way of escape. It might be as simple as turning your head or closing your eyes from some temptation of the eye. Or it might require you to refrain from a certain activity or relationship. Often times it is helpful to enlist the assistance of a friend on whom you can call in a time of weakness. God will reveal the way of escape if you ask Him.

Application

In this study we have seen that temptations are sure to come, but that God has made numerous provisions for us. Those provisions include the following:

- Pray for deliverance from temptation
- Use God's Word to answer the enticements of the devil
- Resist Satan
- Look for the way of escape that God has provided

Choose one of these tools and answer the following questions.

What is it that God is saying to you?

What is your need?

What are you going to do?

How will you check-up on your self?



The Importance of Application

It's not enough to understand a truth intellectually. God wants us to be not only hears of the Word, but doers also. (James 1:22)

One way to help yourself in applying God's Word is to write out an approach to putting God's Word into action.

One way to structure an application is to make four sections based around the following four questions:

1. What is God saying to you?
2. What is your felt need?
3. What are you going to do?
4. How will you check-up on yourself that you are doing what you decided?

For further help with developing an application, check out the tools section of the **VDRC** web site