

## **Been There—4**

### **When the Urge Is Too Strong**

*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.” Matthew 4:1-3 NIV*

**“Temptation is anything that promises satisfaction at the cost of your obedience to God.” —Tim Challies**

#### **The Process of Temptation**

- **Thought**
- **Imagination**
- **Justification**
- **Choice**

#### **3 Truths About Temptation**

##### **1. It’s not a sin to be tempted.**

*Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! Hebrews 4:15 CEV*

**God may test you, but He’ll never tempt you.**

*And remember, when you are being tempted, do not say, “God is tempting me.” God ... never tempts anyone else.<sup>14</sup> Temptation comes from our own desires, which entice us and drag us away.<sup>15</sup> These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. James 1:13-15 NLT*

##### **2. You’re most vulnerable to temptation when you’re weak, and when you think you’re strong.**

*So, if you think you are standing firm, be careful that you don’t fall!*

1 Corinthians 10:12 NIV

*Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.*

1 Peter 5:8 NLT

**Temptation often comes through a door that’s been deliberately left open.**

**One of the best ways to resist temptation is to eliminate it.**

*Do not set foot on the path of the wicked or walk in the way of evildoers.<sup>15</sup> Avoid it, do not travel on it; turn from it and go on your way. Proverbs 4:14-15 NIV*

##### **3. God will always give you a way out.**

*... 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. 1 Corinthians 10:13 NIV*

... “People do not live by bread alone, but by every word that comes from the mouth of God.” Matthew 4:4 NLT

... “Do not put the Lord your God to the test.” Matthew 4:7 NIV

... *“Worship the Lord your God, and serve Him only.”*

Matthew 4:10 NIV

*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2*  
Corinthians 7:10 NIV

### **TALK IT OVER**

Read **Matthew 4:1-3**. How does it feel knowing that Jesus understands what it's like to be tempted?

Share about a time when you were tempted and God gave you a way out. What did you learn through that experience?

Is there a recurring temptation in your life that you need to start fighting? How could you remove that temptation?

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