

TBH...
to be honest

Tempted
July 12, 2026

1 Cor. 10:13 (NLT) 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.

Luke 4:1-13 NLT

Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being **tempted** for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry. And the devil said to Him, "If You are the Son of God, command this stone to become bread." But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.' " Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. And the devil said to Him, "All this authority I will give You, and their glory; for *this* has been delivered to me, and I give it to whomever I wish. Therefore, if You will worship before me, all will be Yours." And Jesus answered and said to him, "Get behind Me, Satan! For it is written, '*You shall worship*

the Lord your God, and Him only you shall serve.' " Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here. For it is written: 'He shall give His angels charge over you, To keep you,'and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.' " And Jesus answered and said to him, "It has been said, '*You shall not tempt the Lord your God.'* " Now when the devil had ended every temptation, he departed from Him until an opportune time.

The truth about temptation:

1. Temptation is always clothed in **deception**.
2. Temptation intensifies in times of **isolation**.
3. Temptation steamrolls people who live with no **accountability**.
4. Temptation exploits **vulnerabilities**.
5. Temptation typically defeats people who have no pre-determined **strategy**.
6. Temptation owns people who don't own **themselves**.

1 Cor. 10:12-13 (NLT) If you think you are standing strong, be careful not to fall. The temptations in your

life are no different from what others experience. & **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.

How do we overcome temptation?

1. **Truth**

2. **Community**

3. **Accountability**

4. **Honesty**

5. **Boundaries**

6. **Responsibility**

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

7. The **presence** and **power** of God

- **Hebrews 4:15-16** This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.