

STORIES OF ISOLATION – JESUS

Matthew 4:1-11

Jesus gives us an example of how to deal with temptation during isolation. We don't want to simply survive, we want to thrive!

Here are six lessons from Jesus on how to beat temptation during isolation.

Martin Luther on temptation: "We aren't able to stop birds from flying around our heads but we are able to stop them from building nests in our hair."

I. JESUS WAS INFORMED 🥊💣 YOU CAN BEAT TEMPTATION BY KNOWING YOUR ENEMY. (MATTHEW 4:1)

1. Temptation is satanic. In fact, there are three main sources: The world, flesh, & devil.

- i. "If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle." — Sun Tzu, The Art of War
- ii. 1 Peter 5:8-9 "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."
- iii. James 1:14-15 (NKJV) ¹⁴ But each one is tempted when he is drawn away by his own desires and

enticed. ¹⁵ Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

- iv. *Ephesians 2:2–3 (NKJV) ² in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, ³ among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others.*

2. Temptation is inevitable. Before you were saved sin wasn't a temptation, you just did it! But now, you have a battle within.

- i. "If you've never met the devil, it's because you and he have been going the same direction. You just change direction by turning to Jesus and start obey him in life and you will meet the forces of hell head on!" -- Adrian Rogers
- ii. "Lead me not into temptation, I can find it myself"
- iii. "The will of God will never lead you where the grace of God cannot keep you."

3. Temptation is predictable. There are three ways that we are tempted.

- i. 1 John 2:15–16 (NKJV)¹⁵ *Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.* ¹⁶ *For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.*
- ii. Genesis 3:6 (NKJV)⁶ *So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.*
- iii. Bread: Lust of the flesh // Jump: Pride of life // Look at kingdoms: Lust of the eyes.
- iv. 1 Corinthians 10:13 (NKJV)¹³ *No temptation has overtaken you except such as is common to man..*

II. JESUS WAS PREPARED 🦊💥 YOU CAN BEAT TEMPTATION BY BEING READY FOR ANYTHING. (MATTHEW 4:1-2)

1. Filled with the Spirit

- i. Galatians 5:16 (NKJV)¹⁶ *I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

2. Fasting and prayer

- i. Mark 9:28–29 (NKJV)²⁸ *And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”* ²⁹ *So He said to them, “This*

kind can come out by nothing but prayer and fasting.”

III. JESUS WAS ARMED 🦊💣 YOU CAN BEAT TEMPTATION BY KNOWING GOD’S WORD. (MATTHEW 4:3-4)

- i. *Ephesians 6:17 (NKJV)*¹⁷ *And take... the sword of the Spirit, which is the word of God;*
- ii. *Hebrews 4:12 (NKJV)*¹² *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

IV. JESUS WAS REVERENT 🦊💣 YOU CAN BEAT TEMPTATION BY HONOURING GOD. (MATTHEW 4:5-7)

1. Don’t presume – God is the one in charge, not you.

- i. *Galatians 6:7–8 (NKJV)*⁷ *Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.* ⁸ *For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.*

2. Don’t accuse – God is always loving and cares for you

- i. *James 1:13 (NKJV)*¹³ *Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted by evil, nor does He Himself tempt anyone.*

- ii. [Job 13:15 \(NKJV\)](#)¹⁵ *Though He slay me, yet will I trust Him...*
- iii. [Job 1:21–22 \(NKJV\)](#)²¹ *And he said: “Naked I came from my mother’s womb, And naked shall I return there. The Lord gave, and the Lord has taken away; Blessed be the name of the Lord.”*²² *In all this Job did not sin nor charge God with wrong.*

**V. JESUS WAS WORSHIPFUL 🦊💥 YOU CAN BEAT
TEMPTATION BY PUTTING GOD FIRST. (MATTHEW 4:8-10)**

**1. He is the Lord, and we put him above everything else –
Deut. 6:13**

- i. [Exodus 20:3 \(ESV\)](#)³ *“You shall have no other gods before me.*

2. Worship is surrender. Worship is putting God first.

- i. [Romans 12:1 \(ESV\)](#)¹ *I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*
- ii. [1 Corinthians 6:19–20 \(ESV\)](#)¹⁹ *Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,²⁰ for you were bought with a price. So glorify God in your body.*

**VI. JESUS WAS SUCCESSFUL 🦊💥 YOU CAN BEAT
TEMPTATION BY ENDURING TO THE END. (MATTHEW 4:11)**

1. This too shall pass

- i. James 1:12 (NKJV)¹² *Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.*
- ii. 1 Corinthians 10:13 (NKJV)¹³ *No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.*
- iii. James 4:7 (NKJV)⁷ *Therefore submit to God. Resist the devil and he will flee from you.*



Discussion Questions

"Stories of Isolation"

Matthew 4:1-11

1. Do you think that temptations are more or less difficult during quarantine isolation? Why?

2. "Know your enemy" Why do you think that it is helpful to know how and when we are tempted? How does knowing the pattern of temptation help?

3. How does God's word practically help us during temptation? In other words, does knowing the Bible REALLY help us when we are tempted?

4. Jesus was tempted to worship Satan for kingdoms. What are some things that people worship in the place of God? And, what are people willing to sell their soul for?

5. What are some other practical things that weren't mentioned in the sermon that you have found to be helpful in fighting temptation?
