



Part 4: When the Urge is too Strong!

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry. 3 During that time the devil[a] came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” - Matthew 4:1-3 NLT

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

Three Truths About Temptation

1. It is not a sin to be tempted!

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

Temptation comes from our own desires, which entice us and drag us away. 15 These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. - James 1:14-15 NLT

The Process of Temptation: Thoughts⇒ Imagination⇒ Justification⇒ Choice

The Key to Victory is What We Do With the Thoughts!

- Move the Line
- Magnify the Cost
- Plan Your Escape

Don't do as the wicked do, and don't follow the path of evildoers. 15 Don't even think about it; don't go that way. Turn away and keep moving. - Proverbs 4:14-15 NLT

“One of the best ways to resist temptation is to eliminate it!” - Craig Groeschel

2. You are most vulnerable when you are weak, but you think you're strong.

If you think you are standing strong, be careful not to fall. - 1 Corinthians 10:12 NLT

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

“come boldly to the throne of our gracious God ... receive his mercy, and...grace to help us when we need it most.” - Hebrews 4:16 NLT

3. God will always show you a way out.

And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong,[c] and he never tempts anyone else. 14 Temptation comes from our own desires...

- James 1:13-14 NLT

God tests us in order to promote us; the devil tempts us in order to destroy us!

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. - 1 Corinthians 10:13 NLT

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'[b]" - Matthew 4:4 NLT

Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'[d]" - Matthew 4:7 NLT

"Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the Lord your God and serve only him.'[e]" - Matthew 4:10 NLT

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?

Suggested Reading Plan: [Jesus Can Relate](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 (except first week); KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 *is on pause for the summer!*
- **Finish Line Youth** for ages 12-12th grade *is on pause for the summer!*
- **"The Big Give"** donations will be received July 2-16 to help fund our summer "servolution" events! Whether you [give online](#), text (to 84321), mail (PO Box 609 Saugerties NY 12477), or drop it in the donation box, please indicate that your gift is for "servolution."
- **Kingdom Seekers Vacation Bible School FREE** for K-6 kids, August 14-18 from 9 AM to 12 noon. Register to attend or volunteer at <https://newlife-saugerties.org/vbs>
- **New Life Community Festival** August 19 from 11 AM to 2 PM. FREE games, food, prizes, backpack giveaway, and more for our community! Click [here](#) to volunteer!

For more information, visit newlife-saugerties.org and download our mobile app!

