

Lesson 1 - From Temptation to Blessing - Study Worksheet

Opening Reflection

What kinds of temptations do you personally face (physical, emotional, spiritual)?

Why do you think we sometimes hesitate to approach God for help?

If Jesus understands our struggles, how should that change the way we live?

Should Jesus' response to temptation serve as a pattern for our lives?

Key Passage: Hebrews 4:15-16

Jesus was tempted in every way, yet without **SIN**.

Because of Jesus, we can approach God's throne of **GRACE** with confidence.

Section 1: The Wilderness Temptation (Matthew 4:1-4)

What physical condition was Jesus in when the temptation came?

What was Satan trying to get Jesus to do?

Section 2: Trusting God's Provision (Exodus 16:12; Deuteronomy 8:3)

Temptation often tries to pull us away from our identity as God's **CHILDREN**.

True life comes from every **WORD** of God.

How did God provide for Israel in the wilderness?

God uses physical needs to teach us to depend on His **PROVISION**.

Section 3: Jesus as the Bread of Life (John 6; 1 Corinthians 11)

What does Jesus mean by 'bread of life'?

Spiritual life comes from the **SPIRIT, WORD, or TRUTH** found in Jesus.

Section 4: The Garden vs. the Wilderness (Genesis 2:16-17)

How is Eve's temptation similar to Jesus' temptation?

Eve acted independently of God, but Jesus chose to **TRUST or OBEY** God.

Jesus succeeded in the **WILDERNESS** where others failed.

Section 5: The Result of Victory (John 15:5; Galatians 5:22-23)

What does it mean to abide in Christ?

When we remain in Christ, we produce **FRUIT**.

Apart from Jesus, we can do **NOTHING**.

Section 6: The Second and Third Temptations (Matthew 4:5-11)

Temptation often appeals to pride, control, and **POWER**.

Our first defense is knowing who we are in **CHRIST**.

Final Reflection

What is one area of temptation where you need to trust God more?

What is one practical step you can take this week?

Through Christ's victory, we become a channel of **BLESSING**.