

## The Temptation of Jesus - 1/18/26

Matthew 4:1-11

### I. The First Thing After Jesus' Baptism

- He went into the wilderness and fasted for 40 days
  - Fasting is a spiritual discipline to surrender to God, gain self-control, deepen dependence on God, and develop empathy for others
- After his fast, Jesus was tempted
  - He was tempted to satisfy his hunger
  - He was tempted to test God
  - He was tempted by power and his loyalty to God was tested
- Jesus' human nature was subject to temptation just as ours is

### II. What Jesus' Temptation Means for Us

- Temptation is a universal human experience
- Experiencing temptation is not a sin, just part of being human
- It helps to understand which temptations we are susceptible to and the circumstances that make us susceptible
- Expect to have a mental debate with yourself when tempted
- When tempted, remember who we are and whose we are – We are dearly loved children of God
- Giving in to temptation is not in our best interests
- Temptation sometimes happens after we've had a spiritually enriching experience

### III. If We Give In to Temptation

- Remember that God loves us just the same
- Jesus understands us because he went through it himself
- Don't get discouraged – turn to the Lord

## SCRIPTURE PASSAGES

Matthew 4:1-11 - Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. <sup>2</sup> He fasted forty days and forty nights, and afterward he was famished. <sup>3</sup> The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." <sup>4</sup> But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.' " <sup>5</sup> Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup> saying to him, "If you are the Son of God, throw yourself down, for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.' " <sup>7</sup> Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.' " <sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, <sup>9</sup> and he said to him, "All these I will give you, if you will fall down and worship me." <sup>10</sup> Then Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.' " <sup>11</sup> Then the devil left him, and suddenly angels came and waited on him.

I Corinthians 10:13 - No temptation has overtaken you except what is common to mankind. 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.

Hebrews 4:15 - For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

I John 1:9 – If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

*Whatever happens to us, God's got us covered. Isn't that good news?*