

## THIS IS US



### Matthew 4:1-11

Then Jesus was led out into the wilderness by the Holy Spirit to be tempted there by the Devil. For forty days and forty nights he ate nothing and became very hungry. Then the Devil came and said to him, "If you are the Son of God, change these stones into loaves of bread." But Jesus told him, "No! The Scriptures say, 'People need more than bread for their life; they must feed on every word of God.'"

Then the Devil took him to Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say, 'He orders his angels to protect you. And they will hold you with their hands to keep you from striking your foot on a stone.'" Jesus responded, "The Scriptures also say, 'Do not test the Lord your God.'"

Next the Devil took him to the peak of a very high mountain and showed him the nations of the world and all their glory. "I will give it all to you," he said, "if you will only kneel down and worship me." "Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the Lord your God; serve only him.'"

Then the Devil went away, and angels came and cared for Jesus.

### 1. Realize I Use Temptation To Develop You

"Then Jesus, full of the Holy Spirit...was led by the Spirit to go out into the wilderness, where the Devil tempted him for forty days." (Luke 4:1)

"the Holy Spirit compelled Jesus to go into the wilderness." (Mark 1:12)

### 2. Recognize When You're Dangerously Depleted

"One day Jesus...was baptized by John in the Jordan River. Immediately the Holy Spirit compelled Jesus to go into the wilderness." (Mark 1:9,12)

"For forty days and forty nights he ate nothing" (2)

### 3. Refuse To Be Intimidated

"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 Cor. 10:13)

### 4. Request My Help

"Since (Jesus) himself has gone through suffering and temptation, he is able to help us when we are being tempted." (Heb 2:18;)

"(He) understands our weaknesses, for he faced all of the same temptations 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" (Heb. 4:15-16)

### 5. Resist Doubt With Truth

Will you trust my goodness when you have needs?

"The Devil, playing on his hunger, gave the first test: '...command this stone to turn into a loaf of bread.'" (Luke 4:3 Msg)

Will you trust my control when you are impatient?

"If you are the Son of God, jump off! For the Scriptures say, 'He orders his angels to protect you.'" (6)

Will you trust my love when you are suffering?

"(Satan) showed him the nations of the world and all their glory. 'I will give it all to you,' he said, 'if you will only kneel down and worship me.'" (8,9)

"But Jesus told him, 'No! The Scriptures say...'" (4,7,10)

### 6. Reveal the Lie

"(Devil) said, 'If you are God's Son, jump. It's written, isn't it, that 'he has placed you in the care of angels to protect you; they will catch you...?' 'Yes,' said Jesus, 'and it's also written, 'Don't you

dare tempt the Lord your God.' " (Luke 4:9-12 Msg)

"If you stumble, they'll catch you...If you'll hold on to me for dear life... I'll give you the best of care if you'll only get to know and trust me" (Psalm 91:12,14 Msg)

"Get out of here, Satan,' Jesus told him." (10)

### 7. Refocus My Desires

"(Jesus) became very hungry. Then the Devil came and said to him, 'If you are the Son of God, change these stones into loaves of bread.'" (2,3)

"Temptation comes from the lure of our own evil desires." (James 1:14)

"Worship the Lord your God and only him. Serve him with absolute single-heartedness" (10 Msg)

### Reap The Reward

"and angels came and cared for Jesus." (11)

"God blesses those who patiently endure testing and temptation." (James 1:12)

## EEFC Small Group Study Questions That's Too Temptation

*“Jesus didn’t use his supernatural powers to defeat temptation. He defeated it the same we can.”*

1. Had you realized that before? Why do you think Jesus chose not to use his powers? How does that make you feel?

*“God wants to use temptation for our good.”*

2. When you are being tempted, does it feel like it is for your good?
3. Can you think of any examples or analogies where the difficult thing is what develops us?
4. If God can use temptation to develop us why do you think Jesus taught us to pray “lead us not into temptation”?

*“Temptation usually comes when our defenses are low.”*

5. When are you most vulnerable to temptation?  
How can you be alert for those situations?

*“When you are tempted there is always a way out.”*

6. Do you believe that? Why or why not?

*“If we believe God ways is working for our best we would never be tempted to step outside of his will.”*

7. Why is that so hard to believe?  
What can help us believe it in time of temptation?

*“Resisting a feeling reinforces the feeling. Instead, displace it by refocusing.”*

8. Do you practice “displacing” the desire rather than “resisting” the desire?  
Can you share with us how you do it?

*“When you endure temptation you will receive God’s blessing.”*

9. What are some blessing you have received as a result of resisting temptation?

*In overcoming temptation it can be very helpful, even necessary, to use an accountability partner or support group.*

10. Why did Jesus not set that example for us in this story?  
*(Temptation was about his identity and mission; had to be solitary)*
11. Can you think of another time when he did express need of support from others?  
*(Garden of Gethsemane)*
12. Can you share about a time when an accountability partner or support group has been helpful to you or someone you love?
13. What are the benefits of using an accountability partner or a support group to help overcome temptation?