



VICTORY OVER TEMPTATION



RECOGNIZE WEAKNESSES

Since the fall, human beings sin by nature and by choice. Yet we are especially prone to sin when our needs are not met in the time and way we desire—when we are **Hungry, Angry, Lonely, and Tired** (HALT). In Luke 4:1-13, the Holy Spirit led Jesus into the wilderness for forty days, and Jesus did not eat during that time—He was hungry, lonely, and tired. When He was vulnerable as we are vulnerable, Satan tempted Him, yet Jesus resisted and did not sin.

| TEMPTATION | JESUS RESISTED (“IT IS WRITTEN”) |
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| To ease His hunger by turning stones to bread according to His own power and will (Luke 4:2-3) | “Man must not live on bread alone” (Luke 4:4; cf. Deuteronomy 8:3) |
| To take the easy route to fame, power, and authority by worshipping the devil (Luke 4:5-7) | “Worship the Lord your God, and serve him only” (Luke 4:8; cf. Deuteronomy 6:13) |
| To leap from the pinnacle of the temple to prove He is the Son of God (Luke 4:9-11) | “Do not test the Lord your God” (Luke 4:12; cf. Deuteronomy 6:16) |
| HOW WE RESIST TEMPTATION | |
| Pray not to be led into temptation | Matthew 6:13; 26:41; Luke 11:4; 22:40,46 |
| Memorize Scripture to know God’s expectations for us in trying circumstances | Deuteronomy 6:6; 11:18; Psalms 1:1-2; 119:11; Matthew 4:4; John 14:26; Ephesians 6:17; 2 Timothy 2:15; 3:16-17 |
| Obey Scripture | Matthew 5:19; John 14:15,21; 15:10; 1 Corinthians 7:19; 1 Peter 1:14-16; 1 John 3:24 |
| Flee and resist with the Holy Spirit | 1 Corinthians 6:18; 10:13-14; Ephesians 6:10-18; 1 Timothy 6:11; 2 Timothy 2:22; James 4:7; 1 Peter 5:8-9 |
| Help and pray for one another | Galatians 5:13-14; 6:1-2; Ephesians 6:18-20; Colossians 1:9; 3:12-14; Hebrews 10:24-25; James 5:16; Jude 20-23 |
| Believe and act, knowing Jesus has defeated sin and death for us through His sacrificial death in our place | Romans 6; Galatians 2:20; Hebrews 12:1-2; 1 Peter 1:13-21 |

ITEM 10

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