

# How to Deal with Temptation

## Matthew 4:1-11

New King James Version (NKJV)

### Matthew 4

#### Satan Tempts Jesus

<sup>1</sup> Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And when He had fasted forty days and forty nights, afterward He was hungry. <sup>3</sup> Now when the tempter came to Him, he said, “If You are the Son of God, command that these stones become bread.”

<sup>4</sup> But He answered and said, “It is written, *‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’*”<sup>[a]</sup>

<sup>5</sup> Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, <sup>6</sup> and said to Him, “If You are the Son of God, throw Yourself down. For it is written:

*‘He shall give His angels charge over you,’*

and,

*‘In their hands they shall bear you up,  
Lest you dash your foot against a stone.’*”<sup>[b]</sup>

<sup>7</sup> Jesus said to him, “It is written again, *‘You shall not tempt the LORD your God.’*”<sup>[c]</sup>

<sup>8</sup> Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. <sup>9</sup> And he said to Him, “All these things I will give You if You will fall down and worship me.”

<sup>10</sup> Then Jesus said to him, “Away with you,<sup>[d]</sup> Satan! For it is written, *‘You shall worship the LORD your God, and Him only you shall serve.’*”<sup>[e]</sup>

<sup>11</sup> Then the devil left Him, and behold, angels came and ministered to Him.

**The temptation to sin is available to each of us.**

**Temptation to sin can be resisted.**

**How can we resist temptation? Glad you asked.**

**Like Jesus we must meet certain conditions.**

**I. We must know the Word of God.**

**“It is written”**

**2 Timothy 2:15**

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<sup>15</sup> Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

**Approved- is what remains after testing, like metals that have been refined by fire.**

**Study- be teachable spend time in the Word.**

**Buy yourself a study bible.**

**John 8:31-32**

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**The Truth Shall Make You Free**

<sup>31</sup> Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. <sup>32</sup> And you shall know the truth, and the truth shall make you free.”

**There is freedom from temptation when you know the truth.**

## **II. We must believe the Word of God.**

### **2 Timothy 3:16-17**

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<sup>16</sup> All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, <sup>17</sup> that the man of God may be complete, thoroughly equipped for every good work.

### **John 6:13**

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<sup>13</sup> Therefore they gathered *them* up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten.

## **v. 64a But there are some of you who do not believe.**

### **Romans 10:11**

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<sup>11</sup> For the Scripture says, “*Whoever believes on Him will not be put to shame.*”<sup>[a]</sup>

### **Mark 9:23-24**

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<sup>23</sup> Jesus said to him, “If you can believe,<sup>[a]</sup> all things *are* possible to him who believes.”

<sup>24</sup> Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

### **III. We must obey the Word of God.**

#### **James 1:21-25**

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##### **Doers—Not Hearers Only**

<sup>21</sup> Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

<sup>22</sup> But be doers of the word, and not hearers only, deceiving yourselves. <sup>23</sup> For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; <sup>24</sup> for he observes himself, goes away, and immediately forgets what kind of man he was. <sup>25</sup> But he who looks into the perfect law of liberty and continues *in it*, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

### **Obedience is better than sacrifice.**

#### **1 Samuel 15:23**

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<sup>23</sup> For rebellion *is as* the sin of witchcraft,  
And stubbornness *is as* iniquity and idolatry.  
Because you have rejected the word of the LORD,  
He also has rejected you from *being* king.”

**If you continue to do what you have always done you will continue to have the same results.**

**Notice: Jesus knew the Word of God.**

**He believed the Word of God.**

**He obeyed the Word of god.**

## **IV. There are three areas of temptation**

### **Lust of the flesh**

### **Lust of the eyes**

### **Pride of life**

#### **1 John 2:15-17**

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#### **Do Not Love the World**

<sup>15</sup> Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. <sup>16</sup> For all that *is* in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. <sup>17</sup> And the world is passing away, and the lust of it; but he who does the will of God abides forever.

### **A. Lust of the flesh**

#### **Matthew 4:1-4**

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#### **Matthew 4**

#### **Satan Tempts Jesus**

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### **Appetite must not govern our behavior.**

### **Pornography alcohol**

## **It takes a lifestyle change to break free from habits.**

### **Matthew 5:6**

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<sup>6</sup> Blessed *are* those who hunger and thirst for righteousness,  
For they shall be filled

## **B. Lust of the eyes.**

### **Vs. 8-11**

## **Watch what we read, watch what we view.**

### **Matthew 5:27-29**

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#### **Adultery in the Heart**

<sup>27</sup> “You have heard that it was said to those of old, <sup>[a]</sup> *‘You shall not commit adultery.’* <sup>[b]</sup> <sup>28</sup> But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to sin, pluck it out and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

### **Matthew 6:22-23**

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#### **The Lamp of the Body**

<sup>22</sup> “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. <sup>23</sup> But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great *is* that darkness!

## **C. Pride of life.**

### **Vs. 5-7**

**I John 2:15 Do not love the world or the things in the world. If anyone loves the world, the love of the father is not in Him.**

**To live like this life is all there is!**

## **Ephesians 5:15-18**

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### **Walk in Wisdom**

<sup>15</sup> See then that you walk circumspectly, not as fools but as wise, <sup>16</sup> redeeming the time, because the days are evil.

<sup>17</sup> Therefore do not be unwise, but understand what the will of the Lord *is*. <sup>18</sup> And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

## **James 4:13-17**

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### **Do Not Boast About Tomorrow**

<sup>13</sup> Come now, you who say, “Today or tomorrow we will<sup>[a]</sup> go to such and such a city, spend a year there, buy and sell, and make a profit”; <sup>14</sup> whereas you do not know what *will happen* tomorrow. For what *is* your life? It is even a vapor that appears for a little time and then vanishes away. <sup>15</sup> Instead you *ought* to say, “If the Lord wills, we shall live and do this or that.” <sup>16</sup> But now you boast in your arrogance. All such boasting is evil.

<sup>17</sup> Therefore, to him who knows to do good and does not do *it*, to him it is sin.

# Finally

## James 4:7-10

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### Humility Cures Worldliness

<sup>7</sup> Therefore submit to God. Resist the devil and he will flee from you. <sup>8</sup> Draw near to God and He will draw near to you. Cleanse *your* hands, *you* sinners; and purify *your* hearts, *you* double-minded. <sup>9</sup> Lament and mourn and weep! Let your laughter be turned to mourning and *your* joy to gloom. <sup>10</sup> Humble yourselves in the sight of the Lord, and He will lift you up.

**The key word is submit.**

**Submit to Jesus**

**You lose control**

**Submit to the Holy Spirit**

**Submit to authority so that you may have authority**

**Closing prayer**

**Submitting All to God**

## **Submitting All to God~ Prayer That Avail Much~**

**Father, You are Supreme Authority- a God of order. You have instituted other authority structures that will support healthy relationships and maintain harmony. It is my decision to surrender my will to You, that I might find protection and dwell in the secret place of the Most High.**

**Father, thank You for pastors and leaders of the church- those who are submitted to You and are examples to the congregation. I submit to the church elders (the ministers and spiritual guides of the church)- (giving them due respect and yielding to their counsel).**

**Lord, You know just how rebellious I have been. I ask Your forgiveness for manipulating circumstances and people- for trying to manipulate You to get my own way. May your will be done in my life, even as it is in heaven.**

**Father, when I feel that my life is spiraling out of control, I bind my mind to the mind of Christ, and my emotions to the control of the Holy Spirit. I loose my mind from obsessive thought patterns that try to confuse me.**

**Obedience is far better than sacrifice. Father, You are much more interested in my listening to You than in my offerings of material things to You. Rebellion is as bad as the sin of witchcraft, and stubbornness is as bad as worshipping idols. Forgive me for practicing witchcraft and worshipping idols.**

**Father, You deserve honesty from the heart; yes, utter sincerity and truthfulness. Oh, give me this wisdom. Sprinkle me with the cleansing blood, and I shall be clean again. Wash me, and I shall be whiter than snow. You have rescued me from the dominion of darkness and brought me into the Kingdom of the Son You love, in Whom I have redemption, the forgiveness of sins.**

**Lord, I want to follow You. I am putting aside my own desires and conveniences. I yield my desires that are not in Your plan for me. Even in the midst of my fear, I surrender and entrust my future to You. I choose to take up my cross and follow You (cleave steadfastly to You, conforming wholly to Your example in living and, if need be, in dying also). I desire to lose my (lower life) on Your account that I might find it (higher life).**

**Father, You gave Jesus to be my Example. He has returned to You, Father, and has sent the Holy Spirit to be my Helper and Guide. In this world there are temptations, trials, and tribulations; but Jesus has overcome the world, and I am of good cheer.**

**Jesus is my Lord. I choose to become His servant. He calls me friend.**

**Lord, help me to walk through the process of surrendering my all to You. I exchange rebellion and stubbornness for a willing and obedient heart. When I refuse to listen, anoint my ears to hear; when I am blinded by my own desires, open my eyes to see.**

**I belong to Jesus Christ, the Anointed One, Who breaks down and destroys every yoke of bondage. In His name and in obedience to Your will, Father, I submit to the control and direction of the Holy Spirit Whom You have sent to live in me. I am Your child. All to You I**

**surrender. I am an overcomer by the blood of the Lamb and by the word of my testimony!**