

Champions/Women of Destiny

LESSON 4



How To Handle Temptation- Jesus' Style

Read: Matthew 3:13-17; 4:1-11; Mark 1:9-13; Luke 3:21-23

During a church service, Tameka accepted Christ as her personal Savior. No one had to tell her to say “NO” to premarital sex or drugs. She made these changes through the power of the Holy Spirit as well as the support and accountability of her new-found friends in the youth group.

For awhile, things seemed to be going well for Tameka. There was not a whole lot of drama going on in her life. But one Saturday night, she gave in to the temptation of her unsaved friends and woke up the next morning with a hangover. “I hate myself,” she told one of her church friends. “I told God I’d never go back to that kind of life, and just look what I did. I messed up again. This must not be for me!” “Tameka, temptation is something we all struggle with,” said her friend Lisa. “Even Jesus was tempted to do the wrong thing.”

Jesus Knows What’s Up

It’s true, Jesus was tempted to sin. He knows how difficult temptation can be and He provides power to be victorious because He **never** sinned. In fact, Jesus could not have sinned because He is God.

Sometimes temptation comes when we’re not expecting it. For Jesus, it came immediately after a high point in His life: His baptism by John the Baptist. Yes, Jesus was tempted right after His baptism. Let’s look at John the Baptist for a moment.

John the Baptist

The book of Isaiah prophesied that a special messenger (John the Baptist) would come to prepare the way for Jesus. Isaiah described Him as “**the voice of one crying in the wilderness**” (Luke 3:4). This preacher was not dressed in “normal” clothes, but in clothes made from camel’s hair. He preached and traveled throughout the Jordan River valley. He called for men and women to be baptized to show their **faith** in God and **repentance** (*turning away*) from sin.

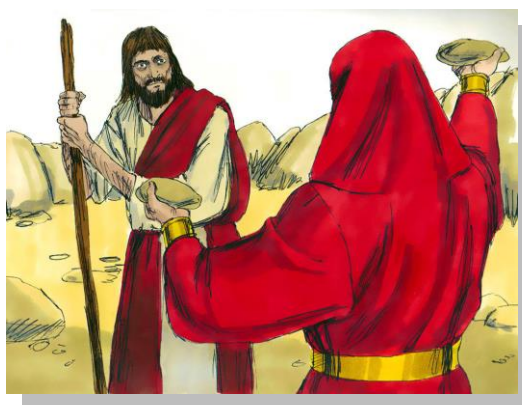


Many wondered if John was the Messiah, to which he replied, “I baptize you with water; but there is one mightier than I whose shoes I am not worthy to untie. He will baptize you with the Holy Spirit and fire.” (Luke 3:16) Of course, John was referring to Jesus, who came to him to be baptized.

Jesus, now about 30 years old, had left His boyhood home of Nazareth and moved to Jerusalem. After 18 years of life as a carpenter, He was ready to begin His public ministry. Reluctantly, John agreed to baptize Jesus. *“And Jesus, when He was baptized, went up straightway out of the water: and, lo, the heavens were opened unto Him: and lo a voice from heaven, saying, “This is My beloved Son, in whom I am well pleased.”* (Matt. 3:16-17 KJV)

In the Wilderness

After Jesus was baptized, He was *“led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry.”* (Matt. 4:1-2 NIV) Back in Jesus’ time, fasting was a sign of repentance. And while Jesus had no sins of His own to repent of, many scholars believe He was repenting for the sins of Israel. Others claim that Jesus fasted to prepare Himself for His temptation. Either way, fasting was important to fight against temptation.



Stones to Bread

You must always understand that Satan often attacks us in our weakest areas. Jesus hadn’t eaten anything in 40 days. Just the thought of a loaf of bread probably reminded Him of how hungry He was. Here’s a perfect illustration of Satan’s first attempt against Jesus: **Lust of the flesh** (1 John 2:16). *“If you are the Son of God, change these stones into loaves of bread.”* (Matt. 4:3 NLT) The real problem with this first temptation was that Satan was challenging Jesus to disobey His Father’s will – to stop depending on His Father and act in His own power. Jesus quoted Deuteronomy 8:3: *“It*

is written, Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.” (vs.4 NKJV)

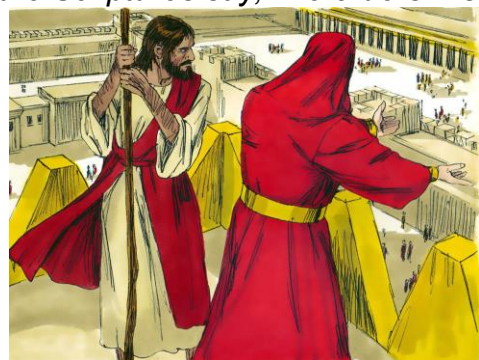
Come Down From There

For the second temptation, Satan took Jesus up 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.”* (Matt. 4:5-6; Psalm 91:11-12 NLT) So this second temptation appealed to the **pride of life** (1 John 2:16).

Why, you ask?

You see, if Jesus had jumped and angels rescued Him, the masses of people would perhaps have been even more drawn to Him because of what He could do (His ability). Jesus jumping would have been an act of pride.

But He calmly quoted Deuteronomy 6:16: *“It is written again, you shall not tempt the Lord your God.”* (NKJV)



Fall Down and Worship Me

Satan still would not give up. This is important for you to remember. Temptation can be ongoing. The third attempt of Satan was to appeal to the **lust of the eyes**. *“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” (vs.8) “I will give it all to you (the devil said), if you will only kneel down and worship me.” (vs.9)

Confident Victory



In none of the three temptations do we see Jesus falter or puzzle over His responses. With God-given authority, He answered each of Satan’s temptations with confidence. Quoting from the Book of Deuteronomy, He showed that He knew the Word of God like the back of His hand. By intelligently using God’s Word (*an ability which develops through frequent Bible study and memorization*), we too can defeat the temptations Satan sends our way.

Though Jesus can help us when we are tempted, we need to understand the *difference* between His **temptation** and **ours**. Because Jesus is God and did not have a sin nature, he could not have sinned. Yet, at the same time, the Bible says He *was* tempted. What we must remember is that the fact that He could not sin did not make His temptation any less real.



If we truly love God, we should show our love by saying **NO** to sin. God promises never to allow a temptation in our lives that we cannot bear (1 Cor. 10:13). Therefore, whenever we give in to temptation, it’s always because we choose to do so. The problem is that many of us have pet sins that we don’t really want to give up. That’s when we need to view temptation as a choice between pleasing God or pleasing our flesh (the “**natural**” part of us that wants to sin).

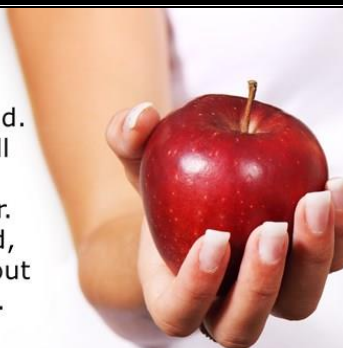
Choose to please God by saying no to sin. Realize that when you accepted Christ as your Savior, God gave you freedom from the power of sin, so why settle for repeated failure? Turn your back on your strength and trust in Him for deliverance. *Walk in the Spirit* [through Bible study and prayer], *and you shall not fulfill the lust of the flesh* (Gal.5:16). For extra support in dealing with your problem, seek the counsel of a godly leader.

Memory Verse- Learn and Quote to Your Mentor:

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.

1 Corinthians 10:13

DailyVerses.net



Living the Lesson

Match the references below with the problem areas they address. These are good verses to memorize for fighting tough temptations. If you struggle in a particular area, find verses dealing with that problem. Write the verses down on 3x5 cards and keep them with you at all times. Then you'll have Scripture handy when temptations come. Note: Some verses may apply to more than one choice.

1. Saying NO to materialism	A. Job 31:1 Psalm 101:3
2. Saying NO to harmful relationships	B. 1 Thess. 4:3
3. Saying NO to impure Thoughts	C. Psalm 42:1; 63:1 2 Timothy 2:15
4. Saying NO to disobedience to parents	D. 2 Corinthians 6:14
5. Saying NO to impure TV, Movies, or Magazines	E. Matthew 6:19-21
6. Saying NO to bad relationships	F. Philippians 4:8
7. Saying NO to dating nonbelievers	G. Colossians 3:8 Ephesians 4:29
8. Saying NO to drugs and alcohol	H. 1 Corinthians 6:19-20
9. Saying NO to premarital sex	I. Psalm 1:1-2
10. Saying NO to impurity	J. Ephesians 6:1

Now watch this Supplemental Video about your lesson:

<https://youtu.be/RmyCdqDs1Dk>

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LESSON 4 Review Quiz



Click here if you are taking your quiz online, then send the email you receive to your mentor to grade and discuss: <https://forms.gle/jQo4x4KDau2pXtTt5>

Student name _____
(PRINT CLEARLY)

1. What important event took place before Jesus' temptation?
2. How did Isaiah describe John the Baptist?
3. How old was Jesus when He moved from Nazareth to Jerusalem?
4. Who led Jesus into the wilderness to be tempted by the devil?
5. For what possible reasons do scholars believe Jesus was fasting?
6. Where did Satan take Jesus for the second temptation?
7. What are the three types of lust that include all sin (scripture is in your reading)?
8. Where did Satan take Jesus for the third temptation?
9. During Jesus' three temptations, from which book of the Bible did He quote?
10. Why do *you* think Satan tempted Jesus?