

How to Overcome Temptation

Luke 4:1-13

Luke 4:1 (ESV)

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness

Luke 4:2 (ESV)

for forty days, being tempted by the devil. And He ate nothing during those days. And when they were ended, He was hungry.

Luke 4:3 (ESV)

The devil said to Him, "If You are the Son of God, command this stone to become bread."

Luke 4:4 (ESV)

And Jesus answered him, "It is written, 'Man shall not live by bread alone.' "

Luke 4:5 (ESV)

And the devil took Him up and showed Him all the kingdoms of the world in a moment of time,

Luke 4:6 (ESV)

and said to Him, "To You I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will.

Luke 4:7 (ESV)

If You, then, will worship me, it will all be Yours."

Luke 4:8 (ESV)

And Jesus answered him, "It is written, ' "You shall worship the Lord your God, and Him only shall you serve.' "

Luke 4:9 (ESV)

And he took Him to Jerusalem and set Him on the pinnacle of the temple and said to Him, "If You are the Son of God, throw Yourself down from here,

Luke 4:10 (ESV)

for it is written, ' "He will command His angels concerning you, to guard you, '

Luke 4:11 (ESV)

and ' "On their hands they will bear you up, lest you strike your foot against a stone.' "

Luke 4:12 (ESV)

And Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.' "

Luke 4:13 (ESV)

And when the devil had ended every temptation, he departed from Him until an opportune time.

1. Recognize Your Diabolical Enemy**Luke 4:1-2a (ESV)**

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil.

1 Peter 5:8 (ESV)

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Ephesians 6:12 (ESV)

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

James 4:7 (ESV)

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

2. Remember Your Potential Vulnerability**Luke 4:2b (ESV)**

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1 Corinthians 10:12-13 (ESV)

Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man.

Hebrews 4:15 (ESV)

For we do not have a High Priest who is unable to sympathize with our weaknesses, but One who in every respect has been tempted as we are, yet without sin.

1 John 2:16 (ESV)

For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

1 John 2:17 (ESV)

And the world is passing away along with its desires, but whoever does the will of God abides forever.

3. Rely on Your Spiritual Weaponry**Luke 3:21 (ESV)**

... when Jesus also had been baptized and was praying ...

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Luke 4:4 (ESV)

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Luke 4:8 (ESV)

And Jesus answered him, "It is written ..."

Luke 4:12 (ESV)

And Jesus answered him, "It is said ..."

Weapon #1: Am I strengthened through prayer?

Matthew 26:41 (ESV)

Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.

Weapon #2: Am I steered by God's Spirit?

Galatians 5:16 (ESV)

But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Weapon #3: Am I saturated with God's Word?

Psalms 119:11 (ESV)

I have stored up Your word in my heart, that I might not sin against You.

Psalms 37:31 (ESV)

The law of his God is in his heart; his steps do not slip.

4. Rejoice in Your Eventual Victory

Luke 4:13 (ESV)

And when the devil had ended every temptation, he departed from Him until an opportune time.

Hebrews 2:17 (ESV)

Therefore He had to be made like His brothers in every respect, so that He might become a merciful and faithful High Priest in the service of God, to make propitiation for the sins of the people.

Hebrews 2:18 (ESV)

For because He Himself has suffered when tempted, He is able to help those who are being tempted.