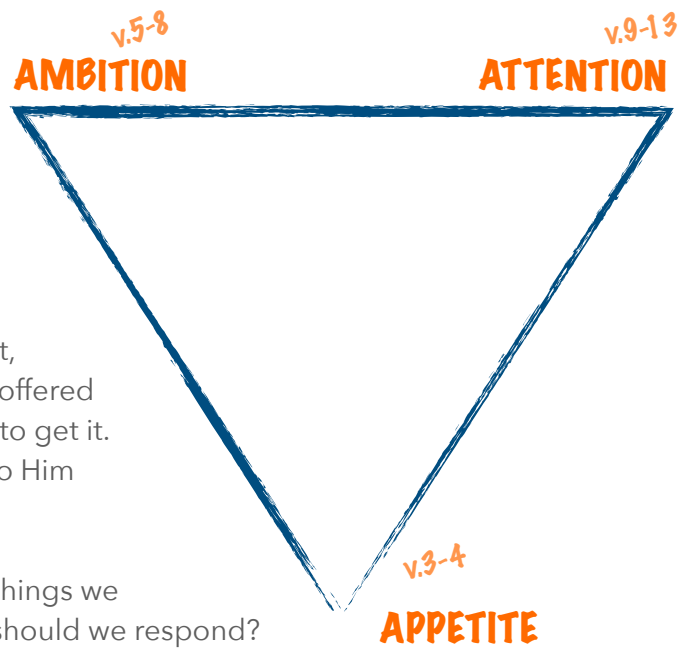


Jesus was tempted just like we are, so how did He handle temptation? What can we learn to overcome our own temptations as well? Simply draw a triangle and talk through Luke 4...

Before we talk about each of the temptations Jesus faced, do you know what happened right before Jesus' temptation?

Jesus had just come to the Jordan River and was baptized by John the Baptist. The moment Jesus came up out of the water, the voice of His Father rang out from Heaven saying, "This is my beloved Son, with whom I am well-pleased." Then the Spirit led Jesus into the wilderness where He fasts 40 days and nights, which is where the devil approaches and begins to tempt Him.

And before we look closely at each temptation, can we agree on what temptation is? Consider where Jesus is and what He's feeling: tired, hungry, hot through the day, cold through the night, and totally worn out. And it's at this kind of moment that Jesus is offered what He desires, but the hitch is, He'd have to do wrong in order to get it. His natural appetite is turned upside down and presented back to Him in a twisted way as the devil seeks to entice Jesus to sin.



Temptation can play on even our good desires to drive us to do things we know we shouldn't. So when our desire meets opportunity, how should we respond? How did Jesus respond?

**APPETITE (v.3-4) | What did the devil target in Jesus?** Jesus' desire to eat is strong, and Satan presents the opportunity to satisfy it. But what was Jesus' response at that moment? (As Jesus submits appetite to God's Word, can you recall God's words to Jesus just before this? *Hint, it's Lk.3:22.*) So maybe our appetites, good or bad, are also opportunities to trust our Father...  
**How are you tempted to satisfy your appetites?** Are they healthy ways of obtaining that desire? Appetites can become addictions if we engage in unhealthy ways of obtaining or won't say 'no' until the appropriate time. Either way, to wait would mean trusting your Father to provide what you need when you need it. So, do you trust Him and wait, or stuff your hand in your mouth?  
**What can you do with your appetites?**  
**What did Jesus do?** He was fasting, and He chose to trust God's provision. Constantly giving in to appetites can weaken you spiritually. Try starving that appetite to purposefully feed on the Father's provision.

**AMBITION (v.5-8) | What did the devil target in Jesus?** Think about all Jesus had to gain—all the kingdoms—and it wouldn't cost a thing except to pay honor to another power. Kingdoms were even Jesus' right to receive, but the means of obtaining them was entirely wrong. So how did Jesus respond? What was His higher priority: success & accomplishment or serving God?  
**What do your ambitions drive you to do?** Ends don't actually justify means. But when our identity and greatest good are tied to getting what we want, we can rationalize a lot to secure the outcome we want. Or we fight, coerce, manipulate, or control. Can you cede control of outcomes and trust your Father?  
**What can you do with your ambitions?**  
**What did Jesus do?** He refused to obtain by wrong means. Loyalty to God trumped success & achievement. Instead, He "loses" what He could gain in order to submit to His Father's timing & obedience. Try *not* forcing the outcome, maybe even losing, to starve ambition and trust your Father more.

**ATTENTION (v.9-12) | What did the devil target in Jesus?** At the most crowded place in Jerusalem, the religious center for His people, Jesus could have had every eye on Him. What would the reaction have been if an army of glorious angels showed up, holding Jesus up over the city—don't you think He'd have been honored & affirmed? But how did Jesus respond?  
**What do you do for attention and approval?** If we judge our value through the eyes, affirmations, and attention of others, we will say, think, and do things to be noticed, seen, or made much of. Jesus put pleasing God above pleasing others or having others pleased by us. Can you put *Him* above *them*? What would that change in you?  
**What can you do about attention & approval?**  
**What did Jesus do?** He refused to gain attention or affirmation in the wrong way, to receive false glory or to maneuver an opportunity to be noticed and thanked. Instead, He simply continued to serve God to please Him. Try serving secretly to starve ambition and instead rely on God's smile first and foremost.

## QUESTIONS FOR REFLECTION AND INTENTIONAL ACTION

**RIGHT NOW, WHAT'S THE SECRET ACCESS TO YOUR LIFE?  
IF SOMEONE WANTED TO TAKE YOU DOWN, WHICH OF THE 3 IS YOUR MOST VULNERABLE?**

**LET'S START TO CREATE A STRATEGY TO OVERCOME TEMPTATION.  
WHEN DO YOU MOST OFTEN GIVE INTO THAT TEMPTATION? WHAT HAPPENS AROUND YOU?**

**LET'S GET SPECIFIC ABOUT WHAT YOU'LL DO INSTEAD.  
WHAT INTENTIONAL HABIT WILL YOU ENGAGE TO ROOT YOURSELF IN YOUR FATHER'S IDENTITY?**

**LET'S KEEP ACCOUNTABLE IN THIS AREA OF CHALLENGE.  
WOULD IT BE HELPFUL IF I {CALL, TEXT, FOLLOW UP AFTER...}? OFFER HELPFUL ACCOUNTABILITY**

## ADDITIONAL HELP AND RESOURCES

### - NEED HELP WITH ADDRESSING DESIRES ON A DEEPER LEVEL? -

- On identity:** To go further in this foundational matter, start with Victory Over the Darkness (Neil Anderson)
- On addictive behavior:** True sobriety requires dealing with your triggers - start our Sexual Sobriety Class
- On issues beyond your capacity to help:** If you are concerned that you may be unable to help, or you see and hear extreme addictive behaviors, thoughts of self-harm, or suicide, you may need to refer to a pastor or counselor.

### - NEED HELP REMEMBERING THE TEMPTATION TRIANGLE? -

**The Triangle is inverted** because of how temptation inverts and subverts even our God given desires. Temptation can appeal to what is natural and good, but to entice you to meet that need or appetite in sinful ways.

**Appetite is at the bottom point** because we are typically most vulnerable to appetites when our life narrows, the pressure rises, and we feel a *lack* of something. The pressure of life and our desire may make us vulnerable.

**Ambition drives straight out from there** because ambition tries to get somewhere. It is an appetite in itself, an appetite to accomplish, achieve, or make something of ourself. We are vulnerable through where we want to go.

**Attention is right out at the pinnacle** because it was at the pinnacle of the Temple that Jesus was tempted next. Attention is the appetite for acknowledgement, acclaim, or approval; it puts us out there for others to see as good.