

Defeating Temptation

Luke 4:1-13

Jesus: Learning From The Savior

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4 Truths About Defeating Temptation

Introduction

Luke 4:1-13 - Jesus Was Tempted By The Devil

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

³ *The devil said to him, “If you are the Son of God, tell this stone to become bread.”* ⁴ *Jesus answered, “It is written: ‘Man shall not live on bread alone.’”*

⁵ *The devil led him up to a high place and showed him in an instant all the kingdoms of the world.* ⁶ *And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to.”* ⁷ *If you worship me, it will all be yours.”* ⁸ *Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”*

⁹ *The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here.”* ¹⁰ *For it is written: “‘He will command his angels concerning you to guard you carefully; ¹¹ they will lift you up in their hands, so that you will not strike your foot against a stone.’”* ¹² *Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”*

¹³ *When the devil had finished all this tempting, he left him until an opportune time.*

Main idea: Defeating temptation requires relying on scripture and the power of the Spirit.

1. **Expect temptations every day from the world, the flesh and the devil.**
2. **Be ready by memorizing scripture and living in the fullness of the Spirit.**
3. **When the temptation comes, recall the truths of scripture and take the way of escape.**
4. **Continue equipping yourself because the temptations are coming back again.**