

# **TIRED AND TEMPTED**



**CHE HIGHTOWER**

# When am I most vulnerable to attack from the enemy?



When am I **hungry**?

When am I **angry**?

When am I **lonely**?

When am I **tired**?

# MATTHEW 4:1-11

## The Temptation of Jesus

**4 Then the Spirit led Jesus into the desert to be tempted by the devil. 2 Jesus fasted for forty days and nights. After this, he was very hungry. 3 The devil came to Jesus to tempt him, saying, “If you are the Son of God, tell these rocks to become bread.”**

**4 Jesus answered, “It is written in the Scriptures, ‘A person lives not on bread alone, but by everything God says.’”**

**5 Then the devil led Jesus to the holy city of Jerusalem and put him on a high place of the Temple. 6 The devil said, “If you are the Son of God, jump down, because it is written in the Scriptures:**

**‘He has put his angels in charge of you.**

**They will catch you in their hands  
so that you will not hit your foot on a rock.’”**

**Psalms 91:11–12**

**7 Jesus answered him, “It also says in the Scriptures,  
‘Do not test the Lord your God.’”**

**8 Then the devil led Jesus to the top of a very high mountain and showed him all the kingdoms of the world and all their splendor. 9 The devil said, “If you will bow down and worship me, I will give you all these things.”**

**10 Jesus said to the devil, “Go away from me, Satan! It is written in the Scriptures, ‘You must worship the Lord your God and serve only him.’”[c]**

**11 So the devil left Jesus, and angels came and took care of him.**

**How did Jesus overcome  
temptation? (attack)**

**He knew the scriptures**

# **SABBATHING**

**Bible Study**

**Prayer**

**Reflection (Personal Inventory)**

# MATTHEW 6:5-6

## Jesus Teaches About Prayer

**5 “When you pray, don’t be like the hypocrites. They love to stand in the synagogues and on the street corners and pray so people will see them. I tell you the truth, they already have their full reward. 6 When you pray, you should go into your room and close the door and pray to your Father who cannot be seen. Your Father can see what is done in secret, and he will reward you.**



**Jesus teaches about**

**Prayer**

# Page 86 AA Big Book

**When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid **reflection**, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.**

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## **SELF REFLECTION**

**HEBREWS 4:12**

**The Word is our weapon**

**JAMES 5:16**

**Prayer is powerful**

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**Where can I do better?**