“FIGHT BACK”
SERIES

“WHEN TEMPTATION HITS”

WEEK 3

WORD

“18 Because He (Jesus) Himself suffered when He was tempted, He is able to help those who are being tempted.”

Hebrews 2:18
(Read Matthew 4:1-11 for context)

SPARKS

- Can you share a time when you had to choose between what you wanted and what was right?
- Tell us about a time when a good idea turned out to be a mistake. What did you miss?
- Tell us about a time when you had to make a difficult decision and needed guidance. Where did you turn for help?

Have you ever been tempted to do something you knew was wrong because it seemed easier or more rewarding? Maybe it was easier to lie than tell the truth, give up instead of keep trying, or follow others just to fit in.
Temptation often makes the wrong choice look good and the right choice look difficult. Even Jesus was tempted. In Matthew 4:1–11, the devil tried to tempt Jesus when He was hungry, challenged Him to prove who He was, and offered Him power and riches. But Jesus did not give in.
This message is not about trying to become perfect through our own strength. It is about learning from Jesus how to face temptation and resist it. Hebrews 2:18 reminds us that because Jesus experienced temptation, He is able to help us when we face it.
When temptation hits, we need to recognize God's direction, recognize the devil's deception, and know God's Word.

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1. RECOGNIZE GOD'S DIRECTION

Matthew 4:1
*'1 Then **Jesus was led up by the Spirit** into the wilderness to be tempted by the devil.*

Jesus was led by the Spirit into the wilderness, where He faced temptation. This reminds us that difficulties do not necessarily mean God has left us. Sometimes, He allows challenging situations to reveal our hearts and teach us to trust Him.
In Deuteronomy 8:2, Moses reminded the Israelites how God led them through the wilderness to test their hearts and teach them obedience. In the same way, when life gets difficult, we may be tempted to take the easiest way out. Instead, we need to seek God's direction, trust Him, and remain faithful even when we do not understand what we are going through. When things do not go the way you want, do you continue to trust God's direction, or do you look for your own way out?

1

2. RECOGNIZE THE DEVIL'S DECEPTION.

Matthew 4:5–6
*5 Then the devil took him to the holy city and set him on the pinnacle of the temple 6 and said to him, **"If you are the Son of God, throw yourself down, for it is written, "**'He will command his angels concerning you,' and*
'On their hands they will bear you up, lest you strike your foot against a stone.'"

2

The devil tried to tempt Jesus by challenging Him to throw Himself down from the temple, even using God's Word to make his suggestion sound right. But Jesus recognized the deception and refused to give in.
Temptation can also make wrong choices seem reasonable or harmless. In 2 Corinthians 11:3, Paul warns that just as the serpent deceived Eve, our thoughts can be led away from a sincere devotion to Christ. We must look beyond what seems attractive in the moment, examine our motives, and consider whether our choices honor God.
Have you ever wanted something so badly that you overlooked the warning signs or convinced yourself that a wrong choice was acceptable?

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KNOW GOD'S WORD.

Matthew 4:4
*'But he answered, **'It is written,** 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"'"*

When the devil tempted Jesus to turn stones into bread, Jesus responded with Scripture. Although He was hungry, He did not use His need as an excuse to disobey God. Instead, He stood firm in God's Word.
Ephesians 6:17 describes God's Word as the sword of the Spirit, while Hebrews 4:12 explains that it reveals the thoughts and intentions of our hearts. Knowing Scripture helps us recognize what is true and when our desires are leading us in the wrong direction. But knowing God's Word is not enough. We must also obey it, even when it is difficult. When what you want conflicts with God's Word, are you willing to obey Him even when it is difficult?

3

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LIVE IT!

- When you feel like giving up, take time to pray and seek God's wisdom before deciding what to do.
- Walk away from situations that often lead you to make wrong choices.
- Before making a difficult choice, consider what God's Word teaches about the situation.

PRAYER

- Thank God for guiding you through difficult situations, even when you did not understand what He was doing.
- Ask God to help you recognize temptation early, discern when something is leading you away from His will, and give you the strength to resist before you give in to it.
- Pray that God will grow your desire to spend time in His Word, help you understand its truth more deeply, and give you the wisdom and willingness to apply what you learn to your daily decisions, especially when facing temptation.

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