

January 7, 2024

Finding a Way Out (Luke 4:1-13)

Crush temptation through the power of the Holy Spirit

NOTHING ON SCREEN YET

Hook – (5 min) Maybe, just maybe I need to be on some kind of fast where I give up coffee for 10 days. By afternoon, and a few surprises, I'm feeling like I deserve a tall 3 shot latte. On my way home, I rationalize, "If there's only 2 or 3 cars in line at Starbucks, then I'll reward myself with a small coffee. Sure enough, 10 minutes later after driving around the block 3 times there's only 2 cars in the line. I order my blonde roast, sorry we don't brew blonde roast after 12:00pm, noon. I park my car and decide to walk into Starbucks so I can order a "pour over." I stand in line, "my turn." I place my order. "Sorry we are out of coffee filters for pour overs."

- God has never been so close!
- Maybe overindulging in food or drink isn't your thing, it's shopping. Sitting on the couch scrolling on your phone, and there is one shopping ad after the next.
- Even though you promised yourself you wouldn't buy yourself anything after Christmas, there's no harm in glancing at what's moving in the winter collection at your favorite clothing store.
- Nice! You see several sweaters in your favorite colors, plus boots in your size – glory to God they're on sale – Lord you are saving me money!
- **Thought process of temptation:**
- ***Thought, Imagination. Justification. Choice.**
 - **THOUGHT:** Chillin' on the couch with your phone and you have the thought: "online shopping!"
 - **IMAGINATION:** Instagram post in your new sweater and boots against a backdrop of snow – "looking good."
 - **JUSTIFICATION:** my sweaters are so old, they have those little fuzz lint balls all over them, It's COLD outside.
 - **CHOICE.** Purchase made. Never mind that your credit card is almost maxed out and you're on a monthly payment plan.

Temptation: How many of you have been faced with temptation since the new year began?
How many were tempted last year?

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- **If you think you're doing well** in temptation but you have a friend who needs to hear this sermon, or you have a strong urge to nudge the person beside you then you are going to be tempted.

***1 Cor 10:12 NLT And if you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.**

*Finding a Way Out Luke 4:1-13

Finding a way out of temptation.

- If you've been tempted to cope with life by drinking something, smoking something or stashing 2 lb. bag of M & M's in your closet, then you know the struggle.
- Whatever temptation you're enduring. Jesus understands.
- **Listen to the message today** through **the lens of that thing** that keeps tempting you.
- The Word today get ready prepare for temptation.

Pray

Luke 4:1-13

4 Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the **Spirit** in the wilderness,^[a] **2** where he was **tempted by the devil for forty days**. Jesus ate nothing all that time and became very hungry.

3 Then the devil said to him, "If you are the Son of God, tell this stone to become a loaf of bread."

4 But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone.'^[b]

5 Then the devil took him up and revealed to him all the kingdoms of the world in **a moment** of time. **6** "I will give you the glory of these kingdoms and authority over them," the devil said, "because **they are mine** to give to anyone I please. **7** I will give it all to you if you will worship me."

8 Jesus replied, "The Scriptures say,

'You must worship the LORD your God

and serve only him.'^[c] (reference to Deut 6:13)

9 Then the devil took him to Jerusalem, to the highest point of the Temple, and said, "**If you are the Son of God, jump off!** **10** **For the Scriptures say,**

'He will order his angels to protect and guard you.

11 And they will hold you up with their hands

so you won't even hurt your foot on a stone.'^[d] (reference from Ps 91:11-12) (**trick Jesus into proving his identity**)

12 Jesus responded, "The Scriptures also say, 'You must not **test** the LORD your God.'^[e] (reference Deut 6:16)

13 When the devil had finished tempting Jesus, he left him **until the next opportunity came.**

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- ***Temptation is not sin**
 - It's what we do with the temptation.
- ***Jesus was tempted in all things but He did not sin.**
- **Jesus can empathize in all our weaknesses he has been tempted in every way just as we are yet he did not sin. Heb 4:15**
- **Definition**
- ***Temptation promises satisfaction at the cost of obeying God.**
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- **In this passage, we see the Devil wants to preempt God's plan with shortcuts and tempt Jesus where he's most vulnerable.**
 - After Jesus has fasted 40 days, he doesn't tempt him to gossip about Peter – the Devil tempts Jesus to feed his rumbling stomach.
 - "Jesus you can take a shortcut, you can eat whenever you want, turn these stones into sour dough, you don't have to wait." (**People do not live by bread alone but by every Word that comes from the mouth of God. Matt 4:4**).
 - Devil offers another shortcut, "I'll give you all these earthly kingdoms right now Jesus, if you worship me." (You must worship the LORD your God and serve only Him, Deut 6:13).
 - Devil really tests Jesus' identity: "If you're really the Son of God, JUMP!" (Ps 91:12)
 - The angels will lift you up so that "You won't even hurt your foot on a stone."
 - Jesus says, do not test God. (Deut 6

In this passage there Jesus makes two references to Deut 6. (you must worship the LORD your God, and do not test God)

Deut 6:4-9 "Listen O Israel! The LORD is our God, the LORD alone.^a ⁵ And you must love the LORD your God with all your heart, all your soul, and all your strength. ⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them **again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.** ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.

- Jewish men wore these little boxes of Scripture, Tefillin, tied with long leather bands bound on the arm and the head. Little boxes contained tiny scrolls of Scripture.
- **2 Cor 3:3 This "letter" is written not with pen and ink, but with the Spirit of the living God. It is carved not on tablets of stone, but on human hearts.**

***Jesus was not as strong as He was ready.**

- **Jesus was prepared and ready for the Devil.**
- Verse 1, Jesus enters the wilderness full of the Holy Spirit – after His baptism.
- How does Jesus resist the Devil – with Scripture

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- **Jesus doesn't run away from the Devil – He's ready to fight with the Word of God**
 - ***James 4:7 Humble yourselves before God. Resist the devil, and he will flee from you.**
 - **Humble yourself before God**
 - **Resist the devil**
 - **And he will FLEE**

RESIST: forcefully TAKE A STAND. Hold the line with your conviction.

- Take a stand by speaking the TRUTH of GOD'S WORD TO THE ENEMY.
- Jesus CRUSHES temptation with GOD'S WORD. Enemy leaves.

- Jesus was not taking any shortcuts; He would follow God's plan and watch it unfold in God's timing.

- **What temptation could the Devil offer you that would be tough to turn down?**
 - What temptation seems more satisfying than being in God's Word?
 - Watching your favorite subscriptions on YouTube?
 - What temptation pumps more adrenaline into your system than shouting out a praise to God? I will let you answer that . . .
 - What temptation fills you with more satisfaction – winning an argument, or seeking to understand others?
 - Can you listen to others first, then state you opinion and let it go. Or do you have the urge to argue to prove your point?

- BE READY. Ready to take a stand.
- You are not as strong as you think you are.
- The Devil knows you weakness. He knew Jesus was hungry so he offered him bread.

- The Devil knows your weakness – He will use it against you.
- He is like a roaring lion looking for someone to devour, to trip up.
- Prepare for the HIT!
- **If your in the game – if you've been baptized, if you are leading a ministry, if you just started a daily Bible reading plan – prepare to be hit with temptation.**

You are not as strong as you think you are.

- You can be at work all day, solve problems, finish projects, encourage others then come home and your spouse asks you to do something, to help out, and you snap at them.
- You can stay succeed in your healthy diet for 12 hours then come home and binge on cookies and cream ice cream with then feel like a failure.
 - Your can justify it by adding fruit – what I did in college – ice cream and cobbler. Have to replenish those brain cells from studying.
 - What you feed grows – I grew 20 pounds.

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- The Devil will come after you when **you're vulnerable: tired, hungry, things aren't good at home, when going through a tough season at work, when you're lonely, when you're bored, when you're angry, depressed.**

Temptation often begins with a thought.

***You have less than 5 seconds to disarm the thought** before the thought takes hold.

- goes to the imagination. Crush the thought.

Are you a person who is bombarded by critical thinking: you've taken being critical to the next level and made it a spiritual gift.

How can you prepare for temptation:

- Thought: This wasn't fair, this person was unkind. Instead of coming to talk to you and ask questions, they went to other people with questions about you.
- **Imagination: This person needs a dose of their own medicine**
- Justification: This person doesn't deserve kindness, they need accountability.
- Choice: Return the favor and gossip about them.
- Crush Temptation Guard our mind: 5 seconds take that thought captive
- First thought: this person didn't tell the truth; they were unkind
 - Disarm the thought.
 - Scripture: God forgives me as I forgive others.
 - Thought comes back to you. Disarm
 - **Phil 4:6 Do not be anxious about anything, but in every situation, with prayer and thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**
 - God I hold this person up in peace to you. Help me to forgive; I don't have the strength.
 - Thought comes back – 4 sec to disarm . . .
 - What can I do?

***Crush temptation with the power of the Spirit.**

- Get tough. The Devil expects you to wimp out and give in.

Get tough and train for temptation by being in the Word.

- Excuse: I tried reading the Bible didn't help.
 - How hard did you work at it. Did you fight with your mind like you do with video games.
- Excuse: I tried praying but I couldn't tell that it helped.
 - Did you refute the enemy like you do when you're proving that your opinion is the most valid?
- Fight temptation. If an electric garage door were about to crush your child, you would hold it up with all your strength and yell for help.

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You are not obligated to the desires of your flesh.

- You are not obligated to serve your flesh.

Romans 7:12-14

¹² Therefore, dear brothers and sisters,¹² you have no obligation to do what your sinful nature urges you to do. ¹³ For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature,¹³ you will live. ¹⁴ For all who are led by the Spirit of God are children¹⁴ of God.

- **Choose to give into temptation just once, the next time it's a little easier.**
- **This verse Rom 7 says you will die, but that's so dramatic.**
- Who agrees that sin can be fun for a brief time?
 - Sin thrills but then kills. Fascinates then it assassinates.
 - Develop an automatic shift in your thinking when temptation comes into view.
- If your phone is giving you easy access to sin, then buy a dumb phone. Buy a flip phone.
- Same temptation with your laptop, share your history with your spouse or a mentor
- If you're tempted to get through the day by perpetually drinking or smoking something, stop hanging out with people who drink, and smoke.
- Make new friends. We have 12 Life Groups, you can be walking in the same direction with friends who care about you. Plug into the 12 Steps Bible Life Group.

When we don't prepare, we get broadsided by temptation. We get hurt and we hurt others.

***Crush temptation with the power of the Spirit.**

- Hold up the Word: I am an overcomer; I am more than a conqueror through Christ Jesus. As long as it takes fight; fight until you win.

***You are only as strong as you are honest. (we need to admit our temptation)**

My temptation is _____.

- If you don't want to write it down – code word. Have it in your head. My temptation is _____.

You are only as strong as you are honest.

- Maybe it's PRIDE, you need to be right, you need to be in control.
- Maybe you're tempted to borrow money and not pay it back.

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- Overcome with the desire to talk about other people, to gossip.
- Maybe you're overcome with the temptation to visit sites you have no business on – no one will know; I'm not hurting anyone.
 - Disarm the thoughts, the LIE. Crush it with the power of the Spirit.

Prepare for the HIT – like a linebacker. If you don't train you get hurt.

- Get in the Word – Get the God's Word in You.
- Friend who receives an acronym each month to put on her key chain. Each letter stands for a key word in the verse. Every time she picks up her car keys, she practices the verse. She is arming herself with the Word of God.
- Prayer Board of Scripture
- Rap Scripture, or declare to a beat: last Psalm 150 Last verse 150:6
 - ****Let everything, that has breath, praise the LORD.
PRAISE THE LORD!**

Our Jesus is not dead. He is alive.

Say again – as if you believe Jesus is not still in the grave.

Don't play with temptation – don't give the Devil power.

- “Get behind me Satan.” Not today Devil.
- Greater is He who is in me than He who is in the world, (of the world).

When Jesus went into the wilderness, He was filled with the Spirit. He was READY!

***The Spirit gives:**

- Life
- Strength and power to crush temptation.
- **Romans 8: 10-11** Christ lives within you, so even though your body will die because of sin, the **Spirit gives you life** because you have been made right with God. **11** The Spirit of God, who raised Jesus from the dead, lives in you And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Story: skating with my dad

- That's how it is to be walking in the power of the Spirit. If something comes at you, a sickness, an unnecessary criticism, a temptation to make yourself look better by putting someone down, or an urge to scroll to sites you shouldn't be on, or to cross the line to have a closer physical relationship with your boyfriend or girlfriend.

***Crush temptation with the power of the Spirit.**

- You have 5 seconds to disarm temptation – the thought.
- Going to get tough – take your stand and resist and enemy will flee.

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- **Have a Scripture in your arsenal: Christ in me is greater than the wrong desires in me. I John 4:4**
 - **Rap a verse: Let everything, that has breath, praise the LORD, PRAISE THE LORD. Ps 150:6**

Pray

Benediction: connect card, All Church Meeting at 12:30pm with lunch, Prayer Team is by the cross ready to pray with you.