



Key References:

Hebrews 4:15–16 (ESV) – For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Matthew 4:1–4 (ESV) – Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after fasting forty days and forty nights, he was hungry. ³ And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 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.’ ”**

James 1:13–14 (ESV) – Let no one say when he is tempted, “I am being tempted by God,” for God cannot be tempted with evil, and he himself tempts no one. ¹⁴ But each person is tempted when he is lured and enticed by his own desire.

James 5:16 (ESV) – Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Galatians 5:16 (ESV) – But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Galatians 5:24–25 (ESV) – And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

Matthew 5:6 (ESV) – **“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.**

Ephesians 2:8–9 (ESV) – For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.

1 – TEMPTED LIKE JESUS

Hebrews 4:14-16 presents the idea that Jesus knows exactly what we are going through when we are tempted. **Have you ever struggled to believe that? Why does Hebrews include this important point?**

Read Matthew 4:1-11. **What were the three avenues of attack the devil used against Jesus? How do we experience the same avenues of temptation?** [hunger, vanity, & power]

How did each temptation from the devil twist God’s truth? What truth-twists do you experience during temptation?

What was the main mechanism that Jesus used to respond to the devil? How is Jesus’ way of fighting temptation differ from the ways we try?

John Ortberg tweeted this week: *“Sin is often the attempt to meet a legitimate need in an illegitimate way.”* **What do you think about that?**

2 – FIGHTING THE GOOD FIGHT

Where does temptation come from? Why do we sometimes experience greater levels of it? Read James 1:13-14 as you answer.

The “Purpose Driven Life” identifies 4-steps of temptation to sin.
 Step 1 – A desire within us.
 Step 2 – Introducing doubt.
 Step 3 – Deception about God’s truth.
 Step 4 – Disobedience.

How can we combat temptation at each one of these 4-steps?

Read James 5:16. **How important is loving-accountability and confession in our fight against sin? How can we do this in a healthy way?**

What happens when we try to fight sin in our own will & strength? What does Galatians 5:16 & 5:24-25 say about the correct way to fight sin?

3 – HUNGRY FOR ...WHAT?

Why did Andy read from Matthew 5:6 and Galatians 5:5 during the response time?

How does what we hunger-for end up being what we walk towards? How does increasing our hunger for Jesus displace our fallen desires?

Read Ephesians 2:8-9. **How does reflecting on the grace that God has covered us with increase our hunger and desire for Jesus?**