

Overcoming Temptation Mark 1:12-13

Jesus is a faithful God able to help when you are tempted. Hebrews 2:18; 4:15-16

"Immediately the Spirit impelled Him to go out into the wilderness. And He was in the wilderness forty days being tempted by Satan; and He was with the wild beasts, and the angels were ministering to Him." **Mark 1:12-13**

Temptation = When we are tested to prove good character or entice to sin. James 1:13

God offers us promises for overcoming temptation. 1 Corinthians 10:12-13

- Be ready, we all have temptations and tests. Proverbs 16:18
- Trust God for He controls the temptation faithfully.
- Persevere because God provides an escape to endure it successfully.

Jesus' example offers principles to help us endure temptation successfully. Mark 1:12-14; Matthew 4:1-11

- **Our temptation may follow a renewed commitment and Spirit-led walk with God.** Mark 1:11-12; 3:17
"...and a voice came out of the heavens: 'You are My beloved Son, in You I am well-pleased. Immediately the Spirit impelled Him to go out into the wilderness.'"
- **Temptation will attack us at our most vulnerable time and method.** Mark 1:13
"And He was in the wilderness forty days being tempted by Satan; and He was with the wild beasts, and the angels were ministering to Him."
- **Remember: Satan uses the same methods of temptation since the beginning of time to cause our spiritual failure.**
Compare Genesis 3:1-7 with Matthew 4:1-11
1 John 2:16 – *"For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world."*
 - Temptation will make us question our identity/security in Christ. Matthew 4:3, 6; 3:17
"If you are the Son of God..." (see *Digging Deeper* on back of page)
 - Temptation will attack our **"lust of the flesh."** Physical, emotional cravings.
Matthew 4:3, 4; Genesis 3:1, 3; Mark 1:11
You may desire or pursue something physically or emotionally satisfying out of selfish desires.
Temptation: Will God provide for you? You have a need because God is not really pleased with you.
 - Temptation will attack our **"pride of life."** My satisfaction is priority.
Matthew 4:5-7; Genesis 3:4-5
You may be tempted to find satisfaction living by your own rules with no fear of consequences.
Temptation: Will God care for you? You deserve a better life so don't trust God's Word to guide you.
 - Temptation will attack our **"lust of the eyes."** Cravings of mind, deed.
Matthew 4:8-10; Genesis 3:6-7
You will see life from your own perspective and think you are your own "god" to seek only what delights you. You deserve what you see, desire and makes you happy right now.
Temptation: Is God one you can trust? You get more out of life if God's authority does not control you.

How to overcome temptation:

- **Identify the areas of attack. What desires or cravings are enticing you? Why?**
- **Pray for Christ's presence to intervene for you.** Hebrews 2:14-18; Mark 14:38
Hebrews 2:18 – *"For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted."*
Hebrews 4:16 – *"Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need."*
- **Learn God's truth by studying His Word so you can live in obedience to God's ways.** Matthew 4:4, 7, 10
Review your identity in Christ in the Digging Deeper below.
2 Timothy 3:16-17 – *"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work."*
- **Turn to a godly friend for support, accountability and prayer.** Matthew 4:11; James 5:16
"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."
- **Repent and ask for forgiveness when you fail.** 1 John 1:9
"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

Digging Deeper + LifeGroup Discussion:

- What lessons have you learned from temptations or tests that you have experienced? Describe a good "test" where you were challenged to trust in God during a difficult circumstance. What Scriptures have you found helpful in that situation?
- Satan wants us to question our identity in Christ—that He is pleased with us, will care for us, will love us unconditionally regardless of circumstances.
- Below are some scriptures on our identity in Christ. Reflect on why they are important to you:
 - *I am God's child.* John 1:12
 - *I am Christ's friend.* John 15:15
 - *I am part of God's community.* 1 Cor 12:27
 - *I am a saint.* Ephesians 1:1
 - *I am adopted/chosen by God.* Ephesians 1:5
 - *I am complete in Christ.* Colossians 2:10
 - *I am no longer condemned.* Romans 8:1, 2
 - *Nothing can separate me from God's love.* Romans 8:35-39
 - *I can draw near to His throne in heaven and receive mercy and grace.* Hebrews 4:16

Next Steps:

JOIN A LIFEGROUP: LifeGroups are small group communities that gather together to CONNECT in a smaller setting, GROW in our faith, and REACH out to our community. For more info or to get involved, visit Connection Point in the Lobby, contact Pastor Robert Carter at rcarter@calvarylife.org, mark "LifeGroups" on The Card (located in seatback), or visit our website at calvarylife.org/lifegroups

WEDNESDAY NIGHTS: Come grow in your faith each Wednesday in January at 7:00 pm with amazing ministries for Nursery to High School, plus these great options for adults:

- **Experience the Bible** - Discover the joy of studying the Bible in this class taught by Pastor Dave in the Chapel. Come learn how to uncover timeless principles from any passage of God's Word to help guide your life.
- **Jewish Apologetics** - Learn more about the Messiah and how God intends to keep His promises to Israel and the world in this 4-part series taught by Ron Davis in Fellowship Hall.
- **Celebrate Recovery** - Come find God's healing power through fellowship in this Christ-centered twelve step ministry which meets every Wednesday in S-6 (north side of the Chapel).



CONNECT. GROW. REACH
1010 N. Tustin Ave. | Santa Ana | CA

phn | 714.973.4800
web | calvarylife.org