

Cheltenham  
Ps Rob Buckingham  
16 & 17 April 2016

## OVERCOMING TEMPTATION

### Message Notes

Text: Matthew 4:1-11 (Luke 4:1-13)

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Hebrews 4:15, *"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet he did not sin."*

1. Temptation is not sin

1 Peter 1:6, *"In heaviness through many temptations"*

2. There were some temptations that Jesus didn't face

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(NKJV) He *"was in **all points** tempted as we are, yet without sin"*

i.e. the three main points of Jesus' temptation in Matthew 4 – performance, praise & possessions.

The story of Jesus' temptation is reminiscent of the temptation faced by the first humans as recorded in Genesis 3:6...

*"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it."*

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The apostle John wrote about these same three areas in his first epistle...

1 John 2:16, *"For everything in the world — the lust of the flesh, the lust of the eyes, and the pride of life — comes not from the Father but from the world."*

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In overcoming temptation we need to be aware of our weaknesses in these three areas and then be ready to wage war with the sword of the Spirit, the Word of God, just like Jesus did...

### **1. Pleasure**

Matthew 4:3-4 – the temptation to satisfy a legitimate physical need in an unhealthy way

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Eve: *"Good for food"* – it was appealing to her appetite.

1 John: *"The lust of the flesh"*

We are tempted by pleasure in the sense that we are enticed to meet genuine needs inappropriately. That's why fasting is a good thing to do from time to time...

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There is research that suggests we make equally bad choices when we're hungry as when we're angry. That's why you should always do your food shopping after you've eaten!

## **2. Praise**

Matthew 4:5-7

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Eve: "Pleasing to the eye"

1 John: "The lust of the eyes"

This is the temptation to do things so others will see and thus give us their approval!

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## **3. Possessions**

Matthew 4:8-10

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Eve: "Desirable for gaining wisdom"

1 John: "The pride of life"

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There's nothing wrong with possessions unless they gained in the wrong way...

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Eve just needed to look around at all she already had – YOU ARE FREE TO EAT FROM EVERY TREE EXCEPT THAT ONE!

God is a loving parent who sets boundaries for us to protect us from that which would harm us

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Colossians 2:3, "*in [Jesus] are hidden all the treasures of wisdom and knowledge*" (comment)

The fruit was a quick fix just like what Satan offered Jesus. God doesn't offer a quick fix. He offers a lifelong eternal relationship

Matthew 4:11, "*Then the devil left him, and angels came and attended him.*"

Luke 4:13, "*When the devil had finished all this tempting, he left him until an opportune time.*"

Be on your guard against these three major temptations

Use the sword of the Spirit, the Word of God

Rest in your relationship with your Father who loves you