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Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry. The devil said to Him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man does not live on bread alone.'" The devil led Him up to a high place and showed Him in an instant all the kingdoms of the world. And he said to Him, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. So if you worship me, it will all be yours." Jesus answered, "It is written: 'Worship the Lord your God and serve Him only.'" The devil led Him to Jerusalem and had Him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. For it is written: 'He will command His angels concerning you to guard you carefully; they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered, "It says: 'Do not put the Lord your God to the test.'" When the devil had finished all this tempting, he left Him until an opportune time.  
**Luke 4:1-13 (NIV)**

### How does Satan tempt you?

- Emotions
- Escape
- Control

### Why does God allow me to be tempted?

- Temptation makes me \_\_\_\_\_
- Temptation helps me \_\_\_\_\_
- Temptation turns me \_\_\_\_\_

### Why do I give in to temptation?

- Satan always comes at an \_\_\_\_\_ time
- Life always gets \_\_\_\_\_ if I give in
- Life always gets \_\_\_\_\_ if I don't give in

### How can I overcome temptation?

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. **1 Corinthians 10:13 (NLT)**

- \_\_\_\_\_ the cost
- \_\_\_\_\_ the future
- \_\_\_\_\_ a friend

### What if I've lost the battle?

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. **Hebrews 4:15-16 (NIV)**

- Mercy: leniency and compassion shown toward an offender
- Grace: the freely given and unmerited favor of God