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Ugh, Temptation Is Hard

Have you ever had that moment when you know you shouldn't do something that you really want to do? Grabbing a cookie or two, or ten, when you know you're not allowed? Maybe laughing at someone in your neighborhood because they're different or taking a toy that you've always wanted from a friend? That is the same whisper that told Adam and Eve to eat from the Tree of Knowledge in Genesis and the same whisper Jesus experienced. This whisper is Satan, and Satan wants you to consider yourself, and your needs, before the needs of others. You see, Satan wants you to think that what you want or need right now is the most important thing in the world. But, you know what? If you listen to that whisper, it always brings hurt to you or someone else. Jesus knew what it's like to be tempted, and He overcame that temptation by following God's Word. It's that simple.

Question Time:

It's okay, it's safe to talk about temptation here. What was a time you were really tempted?

When you give in to temptation do you usually feel better or worse about yourself?

When you say no to temptation, and do what is right, how do you usually feel?

Matthew 4:1-4

1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. **2** After fasting forty days and forty nights, he was hungry. **3** The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." **4** Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

See! Temptation happens. It even happened to Jesus. And by following God's Word rather than giving into Satan, Jesus resisted temptation. By putting aside His own "wants," Jesus gave us all hope that we can follow in His footsteps and overcome temptation just like He did.

Next Steps:

You're going to have times when you are tempted this Easter season. Before giving into a questionable decision, maybe make a quick list in your mind of ways it might hurt someone else and ways it's going to bring hope to others.