

The Way: The Temptation of Jesus

By Brett Hilliard, March 08, 2026

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

Then the devil took Him to the holy city and had Him stand on the highest point of the temple. "If You are the Son of God," he said, "throw Yourself down. For it is written: 'He will command His angels concerning You, and they will lift You up in their hands, so that You will not strike Your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their splendour. "All this I will give You," he said, "if You will bow down and worship me." Jesus said to him, "Away from Me, Satan! For it is written: 'Worship the Lord your God, and serve Him only.'"

Then the devil left Him, and angels came and attended Him.

[Matthew 4:1-11 NIV](#)

For we do not have a high priest who is unable to empathise with our weaknesses, but we have one who has been tempted in every way, just as we are — yet He did not sin.

[Hebrews 4:15 NIV](#)

No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.

[1 Corinthians 10:13 NIV](#)

Defeating temptation:

1. Know your weakness Let anyone who thinks that he stands take heed lest he fall.

[1 Corinthians 10:12 ESV](#)

2. Imagine the cost All at once he follows her... he does not know that it will cost him his life.

[Proverbs 7:22-23 ESV](#)

3. Know your identity ✓

God: "This is my beloved Son." (Matthew 3:17 ESV)

Satan: "If you are the Son of God..." (Matthew 4:3, Matthew 4:6 ESV)

REFLECTION QUESTIONS

1. What is an example of seeing God's rescue from temptation in your life?
2. In what areas are you tempted to have "restraint bias", thinking you are stronger than you actually are?