

# IT IS WRITTEN

unit 20 | session 3



## CHRIST CONNECTION

Jesus stepped into our world and overcame the temptation Adam did not overcome. Jesus showed He is fully obedient to the Father. He is the only One worthy of undoing the consequences of Adam's sin and bringing blessing to all people (Gen. 12:3). Jesus's life of obedience led Him to the cross, where He conquered sin and death as our Savior.

# WORD AND SPIRIT

This week, we're covering the passages and main points below. But we encourage you to dig in and read all of the content on this timeline.

Luke 4:1-14; Matthew 4:1-11

## GOD'S WORD IS OUR WEAPON

### LUKE 4:1-4

1 And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness 2 for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. 3 The devil said to him, "If you are the Son of God, command this stone to become bread." 4 And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

## SATAN FLEES WHEN WE CLING TO TRUTH

### LUKE 4:5-14

5 And the devil took him up and showed him all the kingdoms of the world in a moment of time, 6 and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. 7 If you, then, will worship me, it will all be yours." 8 And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'" 9 And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down from here, 10 for it is written, 'He will command his angels concerning you, to guard you,' 11 and 'On their hands they will bear you up, lest you strike your foot against a stone.'" 12 And Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.'" 13 And when the devil had ended every temptation, he departed from him until an opportune time. 14 And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.

## MAIN POINT.

God's Word is our powerful weapon against Satan's lies and against temptation.



## THEOLOGY CONNECTION

### TEMPTATION AND SIN

Temptation is not the equivalent of sin. Instead, temptation can refer to natural and good desires that are twisted and directed toward pleasing self rather than giving glory to God. Jesus was tempted like we are (Matt. 4), yet He never sinned; He faithfully resisted temptation and followed the will of His Father. Knowing our weakness, we are to be on guard against temptation that may lead us to sin (Matt. 26:41), and we pray for God to deliver us from evil (Matt. 6:13).

# DISCUSSION

## GOD'S WORD IS OUR WEAPON

LUKE 4:1-4

- How did Jesus wind up in the wilderness? What does this show you about our lives?
- Why do you think Satan tempted Jesus with bread first? Why would many people justify Him giving in?
- What temptations do teenagers face today? Read Deuteronomy 8:3. How does seeing Jesus apply this verse show you the way to fight temptation?

## SATAN FLEES WHEN WE CLING TO TRUTH

LUKE 4:5-14

- Read Psalm 119:11. How did Jesus apply this verse? Can we really do the same?
- Is sin ever unavoidable? Look at 1 Corinthians 10:13. What does this verse show you?
- Look at verse 10. What did Satan use against Jesus? Read 2 Timothy 4:2-4. What happens if we don't know and rightly understand Scripture?



**BASED ON THE PASSAGE, HOW MUCH POWER DOES SATAN HAVE IN TEMPTING YOU? HOW CAN YOU DEFEAT TEMPTATION THAT KEEPS DEFEATING YOU?**

## CULTURAL CONNECTION

The world teaches us that sin isn't a big deal; it's normal to experiment; we're only young once. Culture lowers the bar for sin, or eliminates it completely, and teaches that we all have our own truth. We try our best to keep these ideas from permeating our hearts and minds, but they creep in—especially if we stop paying attention, if we crack open the door to a sinful desire instead of closing it and walking away. We think we can handle just a little bit of sin and stop anytime. Sin doesn't work on those terms; sin is slavery that leads to death (Rom. 6:16). And when you give it room, sin seeks to invade every part of you. You may sometimes feel like you have to sin because you don't have a choice, but this is another lie from the enemy of your soul. You have the power of the Holy Spirit living within you, directing you to the way out. God won't allow you to be tempted more than you can handle (1 Cor. 10:13), but you have to use the tools God has given you to stand: His Word and the help of His Spirit.



## DAY ONE

# HEBREWS 4:14-16



Jesus is fully God and fully man, which is a wonderful mystery about who He is and a powerful truth for us to hold tightly. Being fully man, Jesus understood what it means to be human and to face suffering, weakness, and temptation. Today's passage tells us that Jesus was not just tempted in some of the ways that humans are tempted, but He was tempted in all the ways we're tempted (v. 15). Because Jesus endured all suffering and faced every temptation, He doesn't look at us with pity, feeling sorry for us. He understands what we walk through and has great compassion for us, identifying with us. To serve a God who understands suffering, grief, and temptation is to serve a God who is completely trustworthy.

Not only was Jesus tempted in every way, but He also faced every single temptation without ever giving in to temptation and sinning. This is where we see that He is fully God, perfect and without sin. While we are sinful apart from the blood of Jesus, the life of Jesus gives us great hope that no temptation is so great that we can't resist and find victory. To be clear, we can never find victory over sin within ourselves and apart from God, but we can always find victory through the power of the Spirit and the truth of God's Word. We are urged to go boldly to the throne of grace, meaning that we can confidently go to Jesus in our weaknesses. When we run to Jesus, we receive mercy for our failure and grace to help us in our need. Whatever you are facing today, go to Jesus with confidence—He loves you, He gets it, and He is ready to meet you with His grace and mercy.

- **WHAT DOES IT MEAN TO YOU THAT JESUS SYMPATHIZES WITH YOUR WEAKNESSES AND TEMPTATIONS? WHY DOES IT MATTER THAT WE SERVE A GOD WHO GETS IT?**
- **WHAT SIN OR STRUGGLE ARE YOU FACING AND NEED TO RUN BOLDLY TO JESUS TO FIND HIS HELP, GRACE, AND MERCY?**

## PRAY

**GOD, THANK YOU SEEING ME IN MY WEAKNESS AND UNDERSTANDING MY SUFFERING. YOU'RE PERFECTLY TRUSTWORTHY AND GIVE ME GREAT HOPE TO KEEP RUNNING TO YOU.**



## DAY TWO

# 1 CORINTHIANS 10:12-13

We find great encouragement and conviction in today's passage. Verse 13 encourages us that no temptation we ever face is uncommon or impossible to resist, which means we are never alone in our struggle and never without hope of overcoming every temptation. The greatest encouragement from these verses is the reminder of God's faithfulness. We will not find victory over temptation by our own willpower or strength but only by God at work in our lives. Because God has always been and will always be faithful, we can trust that He will always meet us with the power to endure suffering and overcome temptation.

The life of Jesus shows us a difference between facing temptation and giving in to temptation. He was tempted in every way, but He never once gave in. This gives us great hope but also shows that we can't ever get away with the excuse that we couldn't resist the sin. We can expect to face temptation and testing all the days of our lives because Jesus absolutely did. But temptation doesn't equal sin. Sin happens when we choose to give in to temptation instead of running to God for the strength to resist. When Jesus was tempted in the wilderness for forty days, He fought against every lie from Satan and found victory against every temptation by clinging to God's Word (Matt. 4:1-11). God's Word is our weapon, a sword to protect us, help us endure, and equip us with what we need to fight well (Eph. 6:17). Fighting well is both running from something and running toward something else. Not only should we run far from sin, but we also need to run to God. We work to remove sin from our lives by the power of God, and we replace all ungodliness with His truth!

- **WHAT TEMPTATIONS ARE YOU FACING RIGHT NOW? WHY IS GIVING INTO TEMPTATION (AND CHOOSING SIN) SOMETIMES EASIER OR MORE DESIRABLE?**
- **HOW DOES GOD'S FAITHFULNESS GIVE YOU HOPE THAT YOU CAN ENDURE TEMPTATION AND CHOOSE GOD INSTEAD?**

PRAY

**GOD, IT CAN BE EASY TO BELIEVE THE LIE THAT RESISTING TEMPTATION IS IMPOSSIBLE, BUT I KNOW WITH YOU, ALL THINGS ARE POSSIBLE. HELP ME RUN FROM ALL TEMPTATION AND RUN TO YOU FOR HELP AND HOPE.**



## DAY THREE

# EPHESIANS 5:15-21

Compromise is one of the main temptations we all face. Compromise is agreeing to meet in the middle for the benefit of everyone involved, but that's not the kind of compromise we are talking about today. The temptation of compromise means to waver from godly living and settle for less than God's best—to lower the bar when it comes to sin. When friends are living for the world and having a lot of (temporary) fun, you may wonder what it would be like to join them. You may feel tired of standing firm because settling would be so much easier. The temptation of compromise can sound a lot like: I'm tired of feeling left out. What's the big deal? So what if I give in a little? I can get serious about living for God later or when I'm older.

Today's passage provides guidance for finding victory over compromise. Paul encouraged followers of Jesus to walk carefully and wisely. From these verses, we see that wise people are those who are filled by the Spirit, who live from a place of constant gratitude to God, and who make the best use of their time. This requires courage and perseverance to walk the narrow way of Jesus, even when others choose to follow the crowd. When you find yourself wrestling with compromise from a place of loneliness, exhaustion, discouragement, or apathy, look to Jesus! Don't get tired of doing the good work of living for God (Gal. 6:9). God will always equip you and strengthen you to endure whatever comes. Be filled by His Spirit and completely led by Him. Only then will you find a life truly worth living—the narrow way. And you'll be a light for the world to see.

- **WHERE ARE YOU COMPROMISING? WHAT IS THE ROOT OF THAT TEMPTATION (APPROVAL OF OTHERS, EXHAUSTION, DISCOURAGEMENT, OR SOMETHING ELSE)?**
- **WRITE OUT A PRAYER CONFESSING TO GOD WHERE YOU HAVE COMPROMISED AND ASK HIM TO HELP YOU LIVE WISELY.**

## PRAY

**GOD, WHEN MY HEART IS TEMPTED BY THE THINGS OF THE WORLD, HELP ME TO REMEMBER THAT I ONLY NEED YOU. HELP ME STAND FIRM IN YOUR WAYS EVEN WHEN IT FEELS LIKE I HAVE TO STAND ALONE BECAUSE YOU ARE WORTHY OF MY HEART.**



## DAY FOUR

# PHILIPPIANS 2:3-8

Our world loves to establish winners and losers. This competition can be healthy in sports, band, and other extracurricular activities, but it can be seriously dangerous when it leads us to live selfishly and self-righteously. Even social media sets us up to compete for followers and likes. When we are tempted to compete against someone else, we take our eyes off of Jesus and forget that He taught us to serve others in humility and love. Jesus calls us to set aside our pride and the desire to be “the best” in order to love people well. Seeking what’s best for ourselves and living with a mindset of “What’s in it for me?” can be tempting because the world justifies this way of thinking. Jesus calls us to a better way. In a world of competition and comparison, Jesus calls us to compassion and care.

Even Jesus, the Son of God, did not come to be served by others; His mission, even as the King of kings, was to serve others (Mark 10:45). Today’s passage commands us to do nothing out of selfish ambition (v. 3), meaning that we are to follow Jesus’s example of selfless humility and seek to serve others. While pride tempts us to think too highly of ourselves, shame tempts us to think too lowly of ourselves; neither of these are how God calls us to live. Considering others more important than yourself does not mean that your life has no value or that you are a doormat; instead, it is knowing that you are already fully loved and valued by God. This truth frees you to focus on caring for others, even at the cost of your pride, convenience, or time. It frees you from needing applause and attention because you’re loved deeply by God.

- **HOW HAVE YOU FELT THE DESIRE TO COMPETE WITH OTHERS? WHAT ARE SOME OF THE WAYS YOU’RE TEMPTED TO DO THINGS OUT OF SELFISH AMBITION?**
- **READ PHILIPPIANS 2:5-8 AGAIN. HOW WILL JESUS’S EXAMPLE OF SERVING OTHERS CHANGE THE WAY YOU LIVE AND SERVE OTHERS THIS WEEK?**

## PRAY

**GOD, IN A CULTURE OF COMPETING AND COMPARING, HELP ME FOLLOW YOUR EXAMPLE OF SELFLESS HUMILITY. GIVE ME AN UNSELFISH CONCERN FOR OTHERS, SEEKING WAYS TO SERVE PEOPLE, NOT LOOKING FOR WHAT’S IN IT FOR ME.**





## DAY FIVE

# JEREMIAH 17:5-9

We are living in a world that says things like, “Live your truth,” “Follow your heart,” and “Do what makes you happy.” Similarly, throughout the Old Testament, God’s people repeatedly chose to disobey Him and do what seemed right in their own eyes. Time and time again, their choices led to destruction. If we know that sin is destructive, why do we still choose it at times? Because sin is fun and often feels good in the moment. In fact, Hebrews 11:25 describes it as a “fleeting pleasure.” Comfort tries to sell the lie that “if I feel like it, I can or must fulfill the desire.” Whether we are avoiding, escaping, numbing, or trying to find satisfaction in worldly comfort, this lie can lead us into watching shows or movies, listening to music, consuming harmful content, and making decisions that dishonor the Lord and destroy us.

Today’s passage reminds us that our hearts, or our thoughts and feelings, are sick and more deceitful than anything else (v. 9). Following your heart is dangerous because your heart, apart from God’s transforming work, is drawn to sin and darkness. By His grace and power, God transforms our hearts and changes our desires as we follow Him. But this requires discipline to turn from sinful desires, humility to let people hold you accountable, and perseverance to chase after the things of God. To be clear, the Lord cares deeply for you and wants the very best for your life, but the Lord’s very best for your life is more about your holiness than your happiness. God calls us out of comfort and recklessness and into courage and self-control.

- **WHERE ARE YOU TEMPTED TO CHOOSE WHAT’S COMFORTABLE? WHERE DO YOU NEED SOMEONE TO HOLD YOU ACCOUNTABLE?**
- **WHAT ARE SOME OF THE WAYS YOU ARE TEMPTED TO TURN TO TEMPORARY PLEASURES OR FUN FOUND IN SIN? WRITE A PRAYER CONFESSING WHERE YOU ARE STRUGGLING AND THANK GOD FOR GIVING YOU A NEW HEART AND NEW DESIRES.**

PRAY

**GOD, WHEN I AM TEMPTED TO DO WHAT FEELS GOOD, CONVICT ME, CALL ME HIGHER, AND FILL ME WITH YOUR TRUTH. HELP ME DESIRE YOU ABOVE ALL ELSE AND LEAN ON YOU FOR THE STRENGTH TO PURSUE HOLINESS.**