

Freedom from Temptation

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, 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.

Luke 4:1-2 NIV

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.

1 John 2:16 NIV

3 Temptations to find Freedom from

1. Lust of the Flesh.

The devil said to him, “If you are the Son of God, tell this stone to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

Luke 4:3-4 NIV

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Galatians 5:16 NIV

2. Lust of the Eyes.

Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness.

Matthew 6:22-23 NLT

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; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours.” Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

Luke 4:5-8 NIV

3. Pride of Life.

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 is said: '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 4:9-13 NIV

"I have the right to do anything," you say —but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

1 Corinthians 6:12 NIV

4 ways to find Freedom from Temptation

1. Prepare

2. Don't show up

3. Flee

4. Distract

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