

## STEP 2

Bible Learning  
(15–20 minutes)

### Bible Basis:

Christ relied upon the Scriptures when making important choices. (Luke 4:1–13).

**Objective:** That your students discuss how Jesus' response to temptation in the wilderness is a model for us.

#### Materials:

- ☐ Bibles
- ☐ Copies of *Blueprint*

Jesus, the Bible says, “has been tempted in every way, just as we are—yet he did not sin” (Heb. 4:15). One of His toughest temptations was when He was confronted directly by Satan after fasting 40 days in the wilderness.

- ▶ **What had just happened before today's Scripture takes place? Check Mark 1:9-12.** (*Jesus had been baptized.*)

The baptism was a sort of commissioning service. God pronounced His blessing on Jesus and approved Him with His Spirit. Jesus' baptism seems to mark the beginning of His adult ministry. Satan knew Jesus would do the will of His Father. He wanted to stop Jesus if he could. Perhaps this is why he chose the earliest time possible—the time before Jesus' message had reached many people.

- ▶ **The Holy Spirit knew Jesus would be tempted in the wilderness. Why do you think He led Jesus there? The Bible doesn't tell us, but what do you think?** (*Perhaps one of the reasons Jesus went through these temptations was so we could learn from His example. If Jesus failed, we certainly couldn't be expected to live godly lives. If He overcame temptation, we could be sure He would help us do the same.*)

Work through the Bible study feature, “Tempted in Every Way,” a question at a time. Note that suggested answers for questions are given in this guide along with other discussion questions to help you guide this study.

#### ■ FROM *Blueprint*—Tempted in Every Way

There isn't a single form of temptation you have faced that Jesus didn't have to deal with at one time or another. Yet He was without sin. That's one of the reasons He can empower us to resist temptation. By following His example when tempted, we can avoid getting burned by sin.

**Read today's text, Luke 4:1-13.**

- ① Is it a sin to be tempted? Support your answer. (*No. Everyone has had to struggle with temptation, Jesus included. The wrong comes when a person gives in to the temptation.*)
- ① The first test Jesus had to undergo is described in verses 2-4. What was the real reason Satan wanted Jesus to turn the stones into bread? (*Jesus' power was to be used to help others and to glorify God. Making a stone into bread would be to use His power for selfish ends. Furthermore, it would have meant that Jesus had been obedient to the devil, who is the opponent of all that is right.*)
- ① Why did Jesus refuse? His answer comes from Deuteronomy 8:3. (*Jesus quoted God's reminder to the Israelites in the wilderness that it was He who fed and took care of them. Having our physical needs met is something God will take care of, but it's not enough to sustain our lives. Our spiritual needs are more important.*)

In the second test, the devil tried to appeal to Jesus' ambition. Christ rejected the temptation with Scripture.



## TODAY'S SCRIPTURE

Luke 4:1-13

<sup>1</sup>Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit in the wilderness, <sup>2</sup>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.

<sup>3</sup>The devil said to him, "If you are the Son of God, tell this stone to become bread."

<sup>4</sup>Jesus answered, "It is written: 'Man shall not live on bread alone.'"

<sup>5</sup>The devil led him up to a high place and showed him in an instant all the kingdoms of the world. <sup>6</sup>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. <sup>7</sup>So if you worship me, it will all be yours."

<sup>8</sup>Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

<sup>9</sup>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. <sup>10</sup>For it is written: 'He will command his angels concerning you to guard you carefully; <sup>11</sup>they will lift you up in their hands so that you will not strike your foot against a stone.'"

<sup>12</sup>Jesus answered, "It says: 'Do not put the Lord your God to the test.'"

<sup>13</sup>When the devil had finished all this tempting, he left him until an opportune time.

In the third test, in verses 9-13, the devil asked Jesus to demonstrate His power by leaping from the top of the temple.

- ➊ What new approach does the devil take in this test? Check the source Satan quotes (Ps. 91:11-12). (*The devil quotes Scripture—out of context—in an effort to give some credibility to his request.*)

Jesus answered a third time, stating scriptural guidelines. Jesus knew that Satan had used Scripture incorrectly. If Jesus had agreed to this ploy, He would have been misusing God's promise to care for Him. God doesn't want us to twist His Word to mean something it doesn't say. And He expects us to be like Jesus—familiar enough with His guidelines not to fall for Satan's lies.

- ➋ Jesus refused to use His power in these three tests. What purpose did He have when He did use His power? (*Jesus always used His divine power to help others and bring honor to God. He never used it for selfish purposes.*)

In every temptation Christ used Scripture to stop Satan's attack. This is striking. He apparently knew Scripture intimately and was able to use it effectively against the devil.

List the guidelines we can find in today's text for overcoming temptations.

You may want to list these on the board.

1. Know temptations are going to come so we won't be surprised.
2. Know that if Jesus is with us we are powerful enough to overcome Satan.
3. Know and use Scripture when we are tempted.
4. Don't be deceived by those who twist Scripture to mean what it doesn't say.

Read Hebrews 4:15.

- ➌ What do Jesus' temptations, and His victory over them, mean to you? Allow for discussion. Then move on to the next part of today's lesson.

## OPTIONAL ACTIVITY

## Materials:

- ☐ Bibles

If you have time, expand your Bible study with the following questions:

If the devil presented you with the three following temptations, which Scriptures, following Jesus' example, would you use to stop him?

1. Temptation to sin sexually. (Job 14:4; Matt. 5:28; Jas. 1:14-15; 2:10-11.)
2. Temptation to put down parents. (Eph. 6:1-3.)
3. Temptation to harm your body with pleasure-producing substances. (Gal. 6:7-8; Ps. 10:3; Rom. 12:1; 1 Cor. 6:20.)

# STEP 3

Bible Application  
(5–10 minutes)



**Objective:** That your students define principles for overcoming specific kinds of temptations they face.

## Materials:

- ☐ Bibles
- ☐ “Overcoming Temptation” from *Blueprint*

Have students turn to page 40 and work through part of the “Overcoming Temptation” page in *Blueprint*. Have students fill in examples for each temptation. Encourage them to be realistic about each type. Students will finish working on this page during Life Response.

## ■ FROM *Blueprint*—Overcoming Temptation

The devil’s pattern of attack with us is often similar to his pattern of attack with Jesus. Of course, we cannot know when, or even if, the devil is personally involved in any given temptation situation. James 1:14 says we bear most of the responsibility ourselves! But our adversary does have a supernatural strategy for taking advantage of our weaknesses.

You might want to name specific kinds of temptations you have faced, and be prepared to use some as examples in class.

Tell students not to worry if they can’t think of a temptation for each category. Some temptations, of course, would fall under several. For instance, sexual temptations have an obvious emotional appeal, but with teenagers there’s often an element of risk-taking as well. Again, Satan is an expert at deception. He paints a pretty picture, but it’s only a one-sided picture. Continue with the worksheet to discover principles for defeating the devil in his tricks.

Below are some Scripture references that give guidelines on how to resist temptation. Read and summarize three principles for resisting temptation.

1. Genesis 39:7-10; Proverbs 6:27-28.
2. James 4:7.
3. Mark 14:37-38.

If you are running short of time and your class is large enough, divide students into three groups and have each group come up with one principle from its list of references. Then ask the groups to report their findings.

Principles your students might come up with may be the following:

1. Don’t let yourself get into a dangerous or compromising situation, and set firm standards for yourself according to the Word of God.
2. Keep your heart on what God wants by submitting yourself to God, and be courageous in resisting the devil.
3. Stay alert and pray, knowing your weaknesses and recognizing that when we are weak then we are made strong by the power of God that works in us.

# STEP 4

Life Response  
(5–10 minutes)

## Bible Truth:

In the Bible, God sets guidelines by which a person can resist temptation.

**Objective:** That your students write how they can use the truth of Scripture to resist a particular temptation they face.

### Materials:

- ☐ Bibles
- ☐ Copies of *Blueprint*
- ☐ “Overcoming Temptation” from *Blueprint*

Read John 8:32, today’s memory verse from your Bibles or on page 36 of *Blueprint*.

### ▶ How can knowing the truth make us free? How does that help us overcome temptation?

God’s truth gives people guidelines so they can make decisions regarding right and wrong. If people have no basis for deciding how they will act, they can’t be free to make knowledgeable choices. They are slaves to their whims, instincts, and desires.



### ▶ Is a knowledge of Scripture all we need to overcome temptation? (To know Scripture is not enough. We also need a determination to follow its teachings. Only with the help of God’s Spirit can we have the strength to stand fast and let God’s Word be our guide. This will only come if we have a relationship with God.)

### ▶ How can a person gain an adequate knowledge of Scripture? (We have to learn to read and study it carefully.)

We must remember that a mere knowledge of Scripture is never enough. The key is obedience. If we merely hear God’s words and do not do them, we stand condemned. Now have students fill in the third column of the “Overcoming Temptation” page 40 of *Blueprint*. Have them zero in on one temptation they face and be specific about how Scripture applies to that temptation.

Point out that the only way for Scripture to be of any help to us, as it was to Jesus, is to know it. We have to consistently read and study God’s Word in order for it to begin to have an effect on our lives.

Perhaps some of you have temptations that you feel you can’t handle. Maybe God wants you to share your problem with a Christian friend, adult, counselor, mentor or teacher.

**Be prepared!** Be ready for attacks and temptations from Satan. Don’t let him take you by surprise or with an inadequate understanding of your life guide—the Bible.

The Daily Faith devotionals will help students to stay spiritually alert by knowing and applying the truth of God’s Word to their lives this week.

Close class with students praying, asking God’s help in overcoming specific temptations and promising to get to know His Word better.



# tempted in every way

Luke 4:1-13

There isn't a single form of temptation you've faced that Jesus didn't have to deal with at one time or another. That's one of the reasons He can relate to us so well. By following His example when tempted, we can avoid getting burned by sin.

## ▶ Read today's text, Luke 4:1-13.

▶ Is it a sin to be tempted? Support your answer.

▶ The first test Jesus had to undergo is described in verses 2-4. What was the real reason Satan wanted Jesus to turn the stones into bread?

▶ Why did Jesus refuse? His answer comes from Deuteronomy 8:3.

In the second test, the devil tried to appeal to Jesus' ambition. Christ rejected the temptation with Scripture.

In the third test, in verses 9-13, the devil asked Jesus to demonstrate His power by leaping from the top of the temple.

▶ What new approach does the devil take in this test? Check the source of Satan's quotes (Ps. 91:11-12).

In every temptation Christ used Scripture to stop Satan's attack. This is striking. He apparently knew Scripture intimately and was able to use it effectively against the devil.

▶ List the guidelines you can find in today's text for overcoming temptations.

## ▶ Read Hebrews 4:15.

▶ What do Jesus' temptations, and His victory over them, mean to you?

### Luke 4:1-13

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## »mon

The "truth" isn't just a bunch of facts. Jesus personifies what is true. Ask for God's help to make His truth real to you.

## »tues

To *know* these truths means more than passing a quiz about them. It means to believe them in our hearts and trust them to make a difference in our lives. Pray for that kind of trust in your life.

## »wed

After we *know* the *truth* about how to drive a car, we're *free* to drive it. In the same way, learning spiritual skills gives us the freedom to grow. Ask God to show you what spiritual skills you need to learn better.

## »thurs

Look at the previous verse, John 8:31. Jesus first calls His disciples to obedience, *then* He tells them they'll be freed by the truth. Ask God to increase your desire to obey Him unconditionally.

## »fri

Some people can really turn you off. But if you look at the way God sees them, you'll be free to care about them. Ask the Lord to help you see people the way He sees them, with eyes of compassion and encouragement.

## »sat

Do you know someone who is enslaved to something or someone and needs to know this truth and find freedom? Ask God to use you in some way to help them.

When you will  
know the truth  
and the truth  
will set you  
free.

—John 8:32

# Don't rush decisions...

Should Darnell skip a week of football practice to go to church camp? Should Jada accept the offer to coordinate children's church? Should Andre invite a good friend who has been down lately to go to a concert, or should he invite a new friend who is more fun?

These aren't decisions that have obvious right or wrong answers. In each case, both choices look good. The longer it takes us to make these decisions, the more they feel unsolvable.

Here are some clues to follow next time a decision muddles your mind. Gather more facts. Darnell talked to the football coach and asked him how much of a problem it would be if he were gone for a week. Darnell began to see that he had a responsibility not to miss practice. He and a few other players decided to drive out to the camp for a few sessions after each morning practice.

Figure out what each choice will cost. Jada was flattered to be asked to coordinate children's church, but she was already pushed for time.

It boiled down to band practice or children's church. Would she feel worse if someone else did children's church or took her place in the band? She decided she wanted to do children's church more, so she took that position.

Talk it out. Pick people who listen well and who don't prefer either choice. Tell them everything you can think of about the decision and then ask, "Which way seems best to you?" Get them to tell you what they heard you saying.

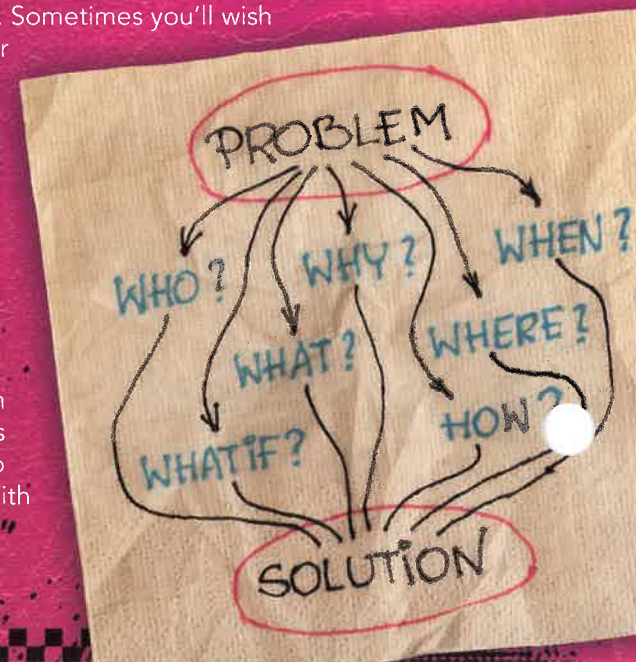
"Try on" the decision. See how a temporary decision feels. Andre considered what it would be like to invite the new friend, but he didn't tell anyone. A few days later, it felt wrong. He could never go to the concert without his best friend.

Give yourself a deadline. You might want to say, "By January 30th, I will have talked to . . . and made my decision." This helps you figure out when you'll gather those facts and how soon you have to decide.

Don't rush these kinds of decisions, because sometimes they work themselves out. Maybe you were struggling to decide which college to go to; eventually you find out that one of them is much better in the field you want to pursue than another.

Try not to panic about decisions. Realistically, you won't make every decision perfectly anyway. Sometimes you'll wish you'd done things another

way. In some cases, things will turn out fine. If you're praying through decisions and asking godly people for advice, you're on the right track. Worst case, if you make a bad decision, you'll learn from it or will be able to steer a friend facing a similar decision in the right way. Think things through, pray, ask for help and then trust yourself. With God as your guide, you won't stray far.





# 5 PRACTICAL WAYS TO BEAT TEMPTATION

The Scripture gives some pretty good ideas about how we can overcome temptation before it overcomes us. You might want to remember these the next time you see or hear an attractive offer.

## (1) DON'T SET YOURSELF UP FOR AN AMBUSH.

James 1:14-16 tells us that temptation comes when we're lured and enticed by our own desires. If the best way to beat temptation is to avoid it, then the best way to avoid it is to know our areas of weakness and be careful not to set ourselves up. Paul put it this way: "Flee the evil desires of youth" (2 Tim. 2:22). Stay out of situations, conversations, and locations that might leave you vulnerable to ambush.

## (2) EVERYONE NEEDS HELP.

One of the best ways you can fight temptation in your own life is to commit yourself to a small group of friends who are willing to ask you the kind of hard questions that make you squirm sometimes: "Are you aware of how you come across to people when you talk like that?" "Isn't this the same kind of decision that got you into a bad situation before?"

## (3) REMEMBER WHO YOUR FRIENDS ARE.

One of the most important steps in dealing with temptation is to think about the people you hang around with. There's an old saying: "If you sleep with the dogs, you're going to get fleas!" If you're starting to feel yourself itch a lot, maybe it's time to start thinking about the kind of friends you have. Are they helping you in your walk with Christ, or are they making it tougher?

Joe struggled with this dilemma. He wanted to present a strong Christian example and still be a good friend to his teammates on the wrestling squad. But when they got together, all they did was drink, tell dirty jokes, drink, go to R-rated movies, drink, and brag about last Saturday night. They were "good guys"—a lot of fun. In fact, until a friend cared enough to confront Joe, he hadn't even noticed that he was starting to act like those guys. When he thought about it, it scared him how much he had weakened his example to fit in with the guys.

Paul warned in 1 Corinthians 15:33, "Do not be misled: 'Bad company corrupts good character.'"

## (4) MAKE UP YOUR MIND BEFORE YOU'RE UNDER PRESSURE.

Don't wait until you're in the backseat to start thinking about your sexual standards. When the heat's on and the hormones are screaming, it's usually not a very good time to start deciding if you should kiss on the first date. Those kinds of decisions are best worked out when you have time to think, time to pray—and with lights on!

## (5) FINALLY! REMEMBER TO PRAY AND READ THE WORD.

That's the way Jesus overcame temptation (see Luke 4). If we keep in close touch with God through prayer and Bible study, it will be a lot tougher to wander too far without some bells going off.

Psalms 119:9 says, "How can a young person stay on the path of purity? By living according to your word."

Basically, what that means is that the best defense is a good offense. Don't spend your time running away from temptation. Think in terms of running toward righteousness (2 Tim. 2:22).

## A FINAL WORD OF ENCOURAGEMENT

*Taking on temptation is always tough. But remember that God is on your side. He's the rock on which we stand, and He's the God who forgives us when we fall. That's good news for all of us!*

# OH! no!

by amy adair-bode

You're faced with choices and decisions every day. **What do you do when no one's looking?**

SEE HOW YOUR CHOICES MEASURE UP. READY? PICK UP YOUR PENCIL.  
**TESTING...1...2...3.**

1. Your history teacher never changes the tests from year to year. Your older sister aced the class and you know she kept all of her tests. The night before a huge exam you:
  - ☐ A. Have an all-night cram session.
  - ☐ B. Ask your sister to give you pointers on what you should study.
  - ☐ C. Take the test from your sister's room and start scribbling answers on your hand.
2. Your parents are out of town and one of your friends suggests you throw a party. You:
  - ☐ A. Say no. You're not about to risk getting in big-time trouble for one night of fun.
  - ☐ B. Hesitate, but then invite a few of your closest friends over.
  - ☐ C. Start spreading the word about the party on Friday night.
3. You're not allowed to go out on Saturday until all of your homework is done. You only have a few more algebra questions left when your best friend invites you to a movie that starts in 20 minutes. So you:
  - ☐ A. Ask if you can catch a later flick.
  - ☐ B. Beg, plead, moan, and groan until your mom relents.
  - ☐ C. Tell your mom you're done. (You'll finish your algebra in study hall on Monday morning.)
4. When is the last time you told a lie? Be honest.:
  - ☐ A. This month.
  - ☐ B. This week.
  - ☐ C. Today.
5. Your neighbor asks you to dog sit her pampered pooch. Princess has a major attitude and your neighbor didn't give you a dime for your time or trouble the last time. You don't have a ton of stuff planned for the weekend, but you:
  - ☐ A. Are honest and simply say no.
  - ☐ B. Say you're not really a dog person and you're busy this weekend.
  - ☐ C. Tell a harmless white lie and say you're going away on a youth group retreat.
6. The frazzled cashier at your favorite store accidentally gives you 10 dollars in change instead of the 5 that you're actually owed. What do you do?
  - ☐ A. Give it back without hesitation.
  - ☐ B. Stuff it all in your wallet. But as you leave the store you're overwhelmed with guilt. You turn around and give it back.
  - ☐ C. Smile and say thank you. It's a steal of a deal.
7. Your biology teacher asks you to trade papers with your classmates to grade the weekly quiz. When you grade your best friend's quiz she misses five out of ten. You:
  - ☐ A. Feel bad but mark them wrong.
  - ☐ B. Start to write in some of the correct answers, but then erase them.
  - ☐ C. Only mark one question wrong. The teacher never looks at the quizzes, so you know you'll never get caught.





8. At lunch you overhear a group of people talking about a new website that has indecent pictures of your favorite celebrity. Later that night while surfing the web at home you:
- ☐ A. Steer clear of the site.
  - ☐ B. Check it out just to see if the site really exists.
  - ☐ C. Bookmark it.

9. You need some odds and ends from the store to finish up your science fair project. Your parents told you to never drive without permission, but they're nowhere to be found and the store closes in 30 minutes. What do you do?
- ☐ A. Improvise. Call a friend.
  - ☐ B. Grab the keys and go.
  - ☐ C. Put the pedal to the metal. You will beat your parents home and they'll never know.

10. When you pull into a parking space at the mall you tap the old clunker parked in front of you. You leave a dent on the bumper. Do you leave your name and number?
- ☐ A. Absolutely—and wait around for a half an hour for the owner to show up so you can explain what happened.
  - ☐ B. Ummm, no. Your insurance will skyrocket.
  - ☐ C. Are you kidding? You move your car to the other side of the lot so there's no way the owner can pin the damage on you.

11. You promised your chemistry lab partner that you'd help him with his homework. But when your cell shows its him and it's in the middle of your favorite show, you:
- ☐ A. Answer it. A promise is a promise.
  - ☐ B. Don't answer it, but then call him back during the next commercial and say you'll help him once the show is over.
  - ☐ C. Let him leave a message and wait to see if he calls later.

#### IF YOU PICKED MOSTLY A:

You think before you act. Even when there's no one looking over your shoulder to tell you what to do, you strive to make the right decision. Life is full of choices and when you choose to do what's right, it pleases your Creator.

#### IF YOU PICKED MOSTLY B:

You often find yourself in situations where you're not sure what to do. With temptation at every turn, you go back and forth and often second-guess yourself. You're definitely headed in the right direction, but you're not quite there yet. Little white lies stick to somebody, don't they? Deep down you know the difference between right and wrong. Act on it.

**... I really want to catch the movie with my friend. Should I lie and say my homework is done?**

12. Your best friend says there is a sure-fire way of cheating without getting caught. You:
- ☐ A. Say, no thanks I don't cheat.
  - ☐ B. Listen to what your friend has to say.
  - ☐ C. Listen and keep as an idea for a time you can't get around to studying.

13. Smoking pot after an away-game means a two-week suspension for the star player on the high school basketball team. You see him doing this. You:
- ☐ A. Wonder why he would jeopardize his college career.
  - ☐ B. Tell your best friend.
  - ☐ C. Use it as one more reason why everyone does it.

## BONUS!

After gym class, you return to your locker to find it broken into and your wallet, jewelry, and stuff stolen. You feel:

- ☐ A. Anger
- ☐ B. Disbelief
- ☐ C. Cheated
- ☐ D. All of the above

#### IF YOU PICKED MOSTLY C:

Honesty is not exactly your middle name, is it? You're not above cheating if you think you won't get caught and if you stand to benefit. You may think that no one sees what you do, but you see it. Yes? So do your friends and so does your God. He knows what's in your heart. So next time you have a decision to make, choose honesty. It will become a habit you just can't break.



# OVERCOMING

## Temptation

The devil's pattern of attack with us is often similar to his pattern of attack with Jesus.

### FOR EXAMPLE:

- Temptation often appeals to our emotions or feelings, just as Satan appealed to Jesus' hunger. This is especially true during times of crisis or fatigue.
- We are often tempted to act selfishly as Jesus was when the devil wanted Him to use His power to feed no one but Himself.
- The devil may try to trick us into serving his cause, just as he did with Jesus by offering to give Him power over all the nations of the world.
- We are often tempted to act in a foolish or reckless manner, as when Satan tried to get Jesus to jump from a tall part of the temple.
- We can be tempted to doubt or test God, as the devil tried to do when he wanted Jesus to jump to see if angels really would protect Him.
- We are sometimes tempted to disobey the teachings of Scripture, as Jesus was when Satan tried to entice Him into disobeying God's teaching in Deuteronomy.

**Name some specific temptations you might face.**

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**What are some ways to avoid or resist these temptations? Write the help you get from these verses.**

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**1. Genesis 39:7-10; Proverbs 6:27-28**

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**2. James 4:7**

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**3. Mark 14:37-38**

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