

BIG IDEA

When you face temptation, ask God for help.

BIBLE

Luke 4:1–13; Hebrews 2:18; 1 Corinthians 10:13

ABOUT THIS WEEK

Movie sets are full of people—the director, producers, crew, and actors—who have an opinion about how a scene might work. But how do you know who to listen to? This week, we'll hear the story of when Jesus was tempted in the wilderness to see who he turned to when he needed direction. The choices he made when he was alone are reminders that **when you face temptation, ask God for help.**

WHAT?

Have you ever been in an unexpected situation and thought, "How did I get here? And how do I get out?" What do we do when we notice that our choices or actions don't align with God's good vision for us? What do we do when we experience temptations like that? How do we choose what is best for us, especially in difficult times?

SO WHAT?

In Luke 4:1–3, we see that Jesus' life and ministry began in a lonely desert, where he fought against temptation. In the wilderness, the tempter offered Jesus appealing treasures that any of us would find hard to turn down. Jesus was tempted by power, protection, and food while desperately hungry. Yet, Jesus didn't give in. Jesus experienced temptation but chose the path set for him by God. The Holy Spirit was with Jesus in the wilderness and is with us in our temptation, helping to guide and encourage us to God's ways that truly meet our needs.

In Hebrews 2:18, the Early Church recognized that Jesus' experiences could help pull them through their temptations. Temptation didn't make Jesus "weak," like we often feel about our stories of temptation. Instead, knowing Jesus was tempted cemented Jesus as someone worth following. In the same way, we can trust Jesus because he knows what it's like to be tempted. He can help us when we are tempted, too. **When you face temptation, ask God for help.**

NOW WHAT?

Responding like Jesus takes time to learn. Here are three ways you can ask God for help this week.

- **TALK TO GOD ABOUT YOUR TEMPTATIONS:** In today's Scripture, we didn't see Jesus overcome temptation by sheer willpower. Instead, his choices and responses were all shaped by how he spent time with God. God's Spirit was with Jesus in the wilderness. We can trust that God will do the same for us.
- **REPEAT GOD'S WORDS:** Like Jesus, we can memorize God's words. Jesus shows us the Bible is a tool to help us in our current times of need. Find a meaningful passage to you, and commit it to memory this week.
- **SPEND TIME WITH PEOPLE WHO TRUST JESUS:** Instead of overcoming temptation alone, we can call on our trusted friends to help us. Reach out to a few people this week and ask them if they would be willing to support you when you're facing temptation.

We face temptation, too, and instead of trying to hide our weaknesses and temptations, we can ask God to help us. **When you face temptation, ask God for help.**