

Connect: 40 Days of Growing Warmer and Stronger Together

October 1, 2023

Luke 11:28, NIV – [Jesus said,] “Blessed...are those who hear the word of God and obey it.”

Main Passage: Matthew 4:1-11, NIV

The Three Temptations of Jesus

1. _____

I'm self-reliant when I believe I can _____
without others or when _____ that I have needs at all.

2 Corinthians 3:5, CEV – We don't have the right to claim that we have done anything on our own. God gives us what it takes to do all we do.

1 Peter 5:5, GNT – And all of you must put on the apron of humility, to serve one another; for the scripture says, “God resists the proud, but shows favor to the humble.”

Matthew 4:4, ICB – Jesus answered, “It is written in the Scriptures, ‘A person does not live only by eating bread. But a person lives by everything the Lord says.’”

2. _____

I'm selfish when I put myself (my needs, wants, desires, point of view)

_____.

Galatians 5:19-21, NLT – When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

3. _____

I self-condemn when I feel _____ about my needs and when I feel
_____ of having my needs met.

1 John 5:1,4-5, LB – If you believe that Jesus is the Christ—that he is God's Son and your Savior—then you are a child of God...every child of God can obey him, defeating sin and evil pleasure by trusting Christ to help him. But who could possibly fight and win this battle except by believing that Jesus is truly the Son of God?

Overcoming Temptations That Lead to Bad Connections

Three tools found in the Bible:

1. Guard _____

Proverbs 4:23, NLT – Guard your heart above all else, for it determines the course of your life.

Romans 12:2, ESV – Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

ASK: When am I most tempted? (HALT – Hungry / Angry / Lonely / Tired)

ASK: Are my relational needs being met?

James 1:12, LB – “Happy is the man who doesn’t give in and do wrong when he is tempted, for afterwards he will get as his reward the crown of life that God has promised those who love him.”

2. The Right _____ : set your mind _____, not yourself or your struggles

Romans 8:5, NIV – Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

1 Corinthians 10:12-13, NLT – If you think you are standing strong, be careful not to fall. ¹³ 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.

James 4:7, NIV – Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Matthew 4:11, NIV – Then the devil left him, and angels came and attended him.

Bible Verses to Help Me Battle Temptation

When tempted toward Self-Reliance: *Matthew 6:31-33; Philippians 4:19; James 1:17*

When tempted toward Selfishness: *Luke 6:38; Acts 20:35; Philippians 2:3-5*

When tempted toward Self-Condensation: *Romans 8:1, 38-39; 2 Corinthians 5:17; Eph 2:10*

3. Tell _____ and a _____ when I feel tempted

Ecclesiastes 4:12, NIV – Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.