



SAVED TO SERVE
Pastor Andrew Henriques
www.prophecyagain.com
UNDERSTANDING TEMPTATION

1. In this Sabbath School Lesson, we will define temptation, discover who tempts us, and learn how we can overcome.
2. What is temptation? James 1:14, 15 _____
3. **Note:** Temptation is when we are urged to act upon our own sinful desires. It is not sin but dwelling on it in the mind (lust) leads us to sin and the result is ultimately death.

“Temptation and trial will come to us all, but we need never be worsted by the enemy. Our Saviour has conquered in our behalf. **Satan is not invincible**... Christ was tempted that He might know how to help every soul that should afterward be tempted. **Temptation is not sin; the sin lies in yielding.** To the soul who trusts in Jesus, temptation means victory and greater strength.” {OHC 87.5}

4. Who does the Bible call “the tempter?” Matthew 4:1-3 _____
5. What does the devil use to tempt us as he did Christ?
 - a) Matthew 4:3 - The first thing the devil does is try to cause us to doubt God and His Word.
 - b) Matthew 4:3 _____
 - c) Matthew 4:6 _____
 - d) Matthew 4:8, 9 _____

“**Many claim that it was impossible for Christ to be overcome by temptation.** Then He could not have been placed in Adam's position; He could not have gained the victory that Adam failed to gain. If we have in any sense a more trying conflict than had Christ, then He would not be able to succor us. **But our Saviour took humanity, with all its liabilities. He took the nature of man, with the possibility of yielding to temptation. We have nothing to bear which He has not endured.**” {DA 117.2}

6. **Note:** Let's read James 1:13. Since God cannot be tempted with evil, He neither tempts us with evil. However, the Bible shows us that God does tempt us. To reconcile this, let us look at the meaning of the word tempt.
7. **Note:** The number for the word “tempt” in the Hebrew portion of the Strong's Concordance is 5254. It means to prove or to test. The number for the word “prove” in the concordance is the same as the one used for tempt, 5254. The words are used interchangeably.
8. What is the meaning of God tempting or proving us according to Deuteronomy 8:2, 3?

9. **Note:** The parable of the sower, specifically the stony ground, shows us an important principle about temptation.
10. What does Luke 8:13 say about stony ground hearers?

11. **Note:** Luke 4:13 shows us that Satan left Christ for a season. Luke 8:13 says that the stony ground hearers believe for a while (or for a season) but in the time of temptation, they fall away. So these two scriptures show us that character is revealed during the time of temptation.

“**Character is revealed by circumstances. Emergencies bring out the true metal of character. Some sudden and unlooked-for calamity, bereavement, or crisis, some unexpected sickness or anguish, something that brings the soul face to face with death, will bring out the true inwardness of the character.** It will be made manifest whether or not there is any real faith in the promises of the word of God. It will be made manifest whether or not the soul is sustained by grace, whether there is oil in the vessel with the lamp.” {RH September 17, 1895, par. 9}

12. Can we tempt God? Deuteronomy 6:16; Psalm 95:8, 9 _____
13. **Note:** Yes! We tempt God when we doubtfully test His love, mercy, and power after we have seen the evidence of His working on our behalf. Another application of God's work (mentioned in Psalm 95:9) points to His judgments falling upon the unrepentant. See Isaiah 28:21 + Joshua 10:10-12; 1 Corinthians 10:9.

14. In what ways do we practically tempt God?
a) Exodus 17:1-7 _____
b) Psalm 78:18 _____
c) Exodus 32:1-8 _____
d) Psalm 78:40, 41 + Numbers 14:4 _____

15. **Note:** Let us transition now and analyze what we must do to overcome temptation.

16. What words must we pray when we are being tempted? Matthew 6:13

17. What does this verse mean? Compare Matthew 6:13 with Matthew 26: 41, 42

18. **Note:** If we neglect to watch and pray, we will be tempted and fall like the disciples. If we watch and pray, we will still be tempted, but we will have the power to overcome.

19. What are some practical things that we must do to overcome temptation?

- a) James 1:2, 3 _____
b) 1 Peter 1:6, 5, 7 _____

“Dear brother, dear sister, when Satan would fill your mind with despondency, gloom, and doubt, resist his suggestions. **Tell him of the blood of Jesus, that cleanses from all sin.** You cannot save yourself from the tempter’s power, but he trembles and flees when the merits of that precious blood are urged...” {5T 316.2}

- c) 1 Corinthians 10:13; 2 Peter 2:9 _____
d) Luke 22:28 _____

“When secret prayer and reading of the Scriptures are neglected today, tomorrow they can be omitted with less remonstrance of conscience. There will be a long list of omissions, all for a single grain sown in the soil of the heart. On the other hand, every ray of light cherished will yield a harvest of light. Temptation once resisted will give power to more firmly resist the second time; every new victory gained over self will smooth the way for higher and nobler triumphs. Every victory is a seed sown to eternal life.” {5T 120.3}

20. What is God’s promise to those who overcome temptation? James 1:12

21. What great and final temptation must we overcome before receiving the crown of life? Revelation 3:10; 13:15-17

22. What is God’s admonition to us? Revelation 3:11

“In this time of trial we need to be encouraged and comforted by one another. The temptations of Satan are greater now than ever before, for he knows that his time is short and that very soon every case will be decided, either for life or for death. **It is no time now to sink down beneath discouragement and trial; we must bear up under all our afflictions and trust wholly in the Almighty God of Jacob. The Lord has shown me that His grace is sufficient for all our trials; and although they are greater than ever before, yet if we trust wholly in God, we can overcome every temptation and through His grace come off victorious.**” {EW 46.1}

“If we overcome our trials and get victory over the temptations of Satan, then we endure the trial of our faith, which is more precious than gold, and are stronger and better prepared to meet the next. But if we sink down and give way to the temptations of Satan, we shall grow weaker and get no reward for the trial and shall not be so well prepared for the next. In this way we shall grow weaker and weaker, until we are led captive by Satan at his will. **We must have on the whole armor of God and be ready at any moment for a conflict with the powers of darkness.** When temptations and trials rush in upon us, let us go to God and agonize with Him in prayer. He will not turn us away empty, but will give us grace and strength to overcome, and to break the power of the enemy. Oh, that all could see these things in their true light and endure hardness as good soldiers of Jesus! Then would Israel move forward, strong in God, and in the power of His might.” {EW 46.2}