

**July 5, 2020**  
**How to Handle Temptation? II**

Scripture reading: Luke 4:1-13

Text: *“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him” (James 1:12 NIV).*

Dear Brothers and Sisters,

Martin Luther, the great Reformer once said this: *“You cannot keep birds from flying over your head, but you can keep them from building a nest in your hair.”* This statement from Martin Luther contains two important facts: #1. Temptations will always be there in our lives. #2. But we can resist and overcome them.

Being tempted is not a sin in itself. Temptation is Satan’s way of leading us astray from Christ’s way. Sin only comes in when we give in to the devil’s temptation. There is no one on this earth who is exempt from temptation. We all experience it in different ways.

*Why is it that we may give into temptation easily?* First, we forget who we are and who we belong to. We are God’s dearly loved children for whom Jesus gave His life. The heavenly Father adopted us into His family. So when temptation comes resist it by remembering who you are and profess it.

Second, we may give into temptation easily, because we fulfill the desires of our bodies and old self. However, God is always ready to help us. He made a commitment to us that He will always be there to help and support us as our loving heavenly Father. He sent the Holy Spirit to guide us to determine what is right and what is wrong. By reading the Bible regularly we get stronger to resist temptation. When Jesus was tempted in the wilderness He rejected Satan’s temptations by stating the Word of God. When we read the Bible the Holy Spirit teaches us and guides us to do the will of God. When we face temptation, we need to listen to the guidance of the Word in order to make the right choices and decisions during the time of temptation.

Finally, thirdly, we may give into temptation easily, because we underestimate the power of Satan. We may try to reject Satan’s temptations for a while through our human effort; however, he is very smart in how to manipulate our desires, feelings, and needs. One of the best ways to protect ourselves from give in temptation and falling into sin is by staying away

from those places and/or people that would lead us into temptation and then to sin. If you play with fire, you get burned sooner or later. Therefore we need the Lord's protection and leading power.

However, if we fall into sin then it is very important to have repentant hearts. Jesus came so that we may get forgiveness of our sins. When we fulfill our own desires and let the devil to lead us astray from Christ, Jesus is ready to forgive our iniquities, if we confess them. Christ died for us on the cross to remove guilt and blaming ourselves, and He is ready and willing to restore our lives.

Today I call you again for self-examination. Furthermore I encourage you again to ask God for help to forgive you, renew you, and give you a new beginning. Our comfort and strength in every temptation is that Christ has already triumphed over temptation, sin, and death on the cross. He has won the victory for you and me. Praise be to His name! Amen.

Yours in Christ,  
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