



BLANK SLIDE 1

Jesus was tempted as we just read. When the devil tried to get Jesus to do things that were wrong, he got the brush off from Jesus.

How would we do in a similar situation? How do we actually do when we intend to do things that honour God, but actually mess up. It's a bit like.

BLANK SLIDE 2

Oops I did it again – Britney Spears.

OOPS

Yes, we could sing this song quite a lot.

TEMPTATION

Like Jesus we all are tempted aren't we? You know what I mean. We think the worst of people, we gossip, we do things that are less than honest, we hurt other people, we don't tell the truth. We know that we shouldn't. We even try to tell ourselves that it wasn't that bad. "It was only a white lie", "everybody does it", "serves him right", "why should I help her, she doesn't think much of me". If you're a Christian this morning, you KNOW it's wrong, but somehow we do it anyway.

GIVING IT UP

Then there are the best intentions, aren't there. Are you giving anything up for Lent? Baptists don't usually observe Lent – we kind of gave it up for Lent years ago! Most people give up a favourite food. I'm actually on a diet at the moment – not for Lent – but I can understand what being hungry is about. I've had to give up some of my favourite things – crisps, particularly BBQ and Prawn Cocktail, cheesy food and of course chips – and of course all things high in calories, which of course is any decent food.

Actually I don't mind not eating what's pictured here – I don't actually regard it as food – a MacDonald's. Actually Prince Charles criticised MacDonald's recently for producing calorie laden junk food. Of course the Prince owns his own Duchy Originals brand of wholesome organic food. Just in case you feel tempted to give up a Big Mac for a Duchy Original Cornish Pasty, let me give you the bad news

PASTIE

Yes, it's marginally worse for you than a Big Mac. So if you are a lover of wholesome Duchy Original Cornish pasties, you may like to give them up for Lent and eat Big Macs instead. That's the bizarre world of the calorie counter. Last week I discovered that 100g of boiled rice has more calories in it than 100g of McCain oven chips.

Unfortunately, "the Boss" doesn't allow me Big Macs or McCain oven chips. The temptation to eat packets of crisps, bits of cheese or pinch chips at family meals is very great.

WE'RE ALL TEMPTED

That's a trivial bit of temptation compared to some issues people have to face. But we all have one thing in common as human beings – WE USUALLY FALL FOR IT

How can we avoid it? Well, God gives us the example of Jesus who was tempted in every way we were. What can we learn from His experience?

TEMPTATION ISN'T SINNING

It isn't a sin to be tempted. Just because we get tempted doesn't make us bad people. When it's a problem

is when we give into it. When we do, we disobey God, we let Him down and we've sinned.

JESUS WAS TEMPTED

We know that from our story. He was pushed and hassled all His life. The Bible says that Jesus was tempted in every way that we are – yet without sin. We fall for it – He didn't.

NO TEMPTATION IS TOO DIFFICULT

Remarkably, God's view of temptation is that He doesn't want us to give in and sin – so He makes sure there is always a way out available to us. VERSE. There is the word "no", there is walking away, there is telling the truth. No temptation is too difficult. The trouble is, when we give in, what should have been an easy way out, gets harder, the more we give into it.

HOW WAS JESUS TEMPTED?

Food, laziness, having everything.

HOW DID HE GET OUT? Let's deal with each

JESUS KNEW HIS BIBLE

JESUS PUT GOD FIRST

JESUS OBEYED GOD

WHAT ARE WE GOING TO TAKE UP?

Many people give things up for Lent because Jesus fasted. What we've learned from Jesus' temptation is that to avoid getting caught we need to know both God and His word and make surer we put Him first in our lives and try to obey Him in every situation. Do we pray regularly? Do we know His word? Do we know His will for our life?

If not, it's time to take up something, not just for Lent, but for life.

Prayer

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