

The sin What was Jesus tempted to do literally?
What general category of sin was this?
What can you see as a 2023 equivalent?



Avoiding temptation

1. What did Jesus do to strengthen himself to resist temptation?
2. Why/how did that work for him?
3. Does that strategy work for you?
4. What strategies can you recommend?



Lent 2023 Can I do anything during Lent which might change:

1. my habits
2. my relationship with God
3. my service of others or the church?

Matthew 4:1-11 New Living Translation

4 Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. **2** For forty days and forty nights he fasted and became very hungry.

3 During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.”

4 But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

5 Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, **6** and said, “If you are the Son of God, jump off! For the Scriptures say, ‘He will order his angels to protect you. And they will hold you up with their hands

so you won’t even hurt your foot on a stone.’”

7 Jesus responded, “The Scriptures also say, ‘You must not test the LORD your God.’”

8 Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. **9** “I will give it all to you,” he said, “if you will kneel down and worship me.”

10 “Get out of here, Satan,” Jesus told him. “For the Scriptures say,

‘You must worship the LORD your God and serve only him.’”

11 Then the devil went away, and angels came and took care of Jesus.

God who sets us on a journey
to discover, dream and grow,
lead us as you led your people
in the desert long ago;
journey inward, journey outward,
stir the spirit, stretch the mind,
love for God and self and neighbour
marks the way that Christ defined.

Exploration brings new insights,
changes, choices we must face;
give us wisdom in deciding,
mindful always of your grace;
should we stumble, lose our
bearings,
find it hard to know what's right,
we regain our true direction
focused on the Jesus light.

End our longing for the old days,
grant the vision that we lack –
once we've started on this journey
there can be no turning back;
let us travel light, discarding
excess baggage from our past,
cherish only what's essential,
choosing treasure that will last.

When we set up camp and settle
to avoid love's risk and pain,
you disturb complacent comfort,
pull the tent pegs up again;

keep us travelling in the knowledge
you are always at our side;
give us courage for the journey,
Christ our goal and Christ our guide.



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Longing for light, we wait in
darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.
Christ be our light! Shine in our
hearts.
Shine through the darkness.
Christ be our light! Shine in
your church gathered today.

Longing for peace, our world is
troubled. Longing for hope, many
despair.
Your word alone has pow'r to save
us. Make us your living voice.
Christ be our light!

Many the gifts, many the people,
many the hearts that yearn to belong.
Let us be servants to one another,
helping your Kingdom come.
Christ be our light!

Bernadette Farrell

At the name of Jesus every knee shall bow,
every tongue confess him King of glory
now;
this the Father's pleasure, that we call him
Lord,
who from the beginning was the mighty
Word.

Humbled for a season, to receive a name
from the lips of sinners unto whom he
came;
faithfully he bore it spotless to the last,
brought it back victorious when from death
he passed.

Bore it up triumphant with its human light,
through all ranks of creatures to the central
height;
to the eternal Godhead, to the Father's
throne,
filled it with the glory of his triumph won.

Name him, Christians, name him, with love
strong as death,
but with awe and wonder, and with bated
breath;
he is God the Saviour, he is Christ the Lord,
ever to be worshipped, trusted and adored.

In your hearts enthrone him; there let him
subdue
all that is not holy, all that is not true;
crown him as your captain in temptation's
hour,
let his will enfold you with its light and
power.

William Henry Monk