

- Jesus addresses our condition with us by **asking questions** of us.

God is kind, but he's not soft. In kindness he takes us firmly by the hand and leads us into a radical life-change. Romans 2:4 (MSG)

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!" Matthew 26:36-41(NLT)

- Our weakness requires **prayerfulness**.

"For the spirit is willing, but the body is weak!" Matthew 26:41(NLT)

I discipline my body like an athlete, training it to do what it should, Otherwise, I fear that after preaching to others I myself might be disqualified. 1 Corinthians 9:27

When he came back to his disciples, he found them sound asleep. He said to Peter, "Can't you stick it out with me a single hour? Stay alert; be in prayer so you don't wander into temptation without even knowing you're in danger. There is a part of you that is eager, ready for anything in God. But there's another part that's as lazy as an old dog sleeping by the fire." Matthew 26:40-41 (MSG)

- We need to view the **physical** through the lens of the **spiritual**.
- The temptation Peter faced was **stronger** than his spirit man.
- We fight temptation with **prayer**.

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." Matthew 26:41 (NIV)

And lead us not into temptation, but deliver us from the evil one. Matthew 6:13 (NIV)

Keep us safe from ourselves and the Devil. Matthew 6:13 (MSG)

#### So from a Biblical standpoint:

- Temptation is anything that promises **satisfaction** at the cost of **obedience** to God.
- Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. Matthew 4:1 (NLT)

#### A few important things about Temptation:

- It's not a **sin** to be **tempted**.

This High Priest of ours [*Jesus*] understands our weaknesses since he had the same temptations we do, though he never once gave way to them and sinned. Hebrews 4:15 (TLB)

- We're never **above** temptation.

If you think you are strong, you should be careful not to fall. 1 Corinthians 10:12 (NLT)

- Understand, **will** power is not **enough** power.
- Be alert to the **source** of temptation.
- We are **not** tempted by **God**.

And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. James 1:13 (NLT)

#### 3 sources that contribute to our temptation:

- **Satan**.

...I sent Timothy to find out whether your faith was still strong. I was afraid that the tempter had gotten the best of you and that our work had been useless. 1 Thessalonians 3:5 (NLT)

So place yourselves under God's authority. Resist the devil, and he will run away from you. James 4:7 (GWT)

- **Our desires**.

Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. James 1:14-15 (NLT)

- The **World** we live in.

For the world offers only the lust for physical pleasure, the lust for everything we see, and pride in our possessions. These are not from the Father. They are from this evil world. 1 John 2:16 (NLT)

The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. Romans 8:11-12 (NLT)

- God always provides a **way out**.

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. 1 Corinthians 10:13 (NLT)

#### Action Steps to Overcoming Temptation:

- **Pray** to God.

"Pray that you don't give in to temptation." Luke 22:40

- Envision the **consequences** of sin.

So she seduced him with her pretty speech, her coaxing and her wheedling, until he yielded to her. He couldn't resist her flattery. He followed her as an ox going to the butcher or as a stag that is trapped, waiting to be killed with an arrow through its heart. He was as a bird flying into a snare, not knowing the fate awaiting it there. Proverbs 7:21-23

- **Run** for your life.

Run from anything that gives you the evil thoughts that young men often have, but stay close to anything that makes you want to do right. Have faith and love, and enjoy the companionship of those who love the Lord and have pure hearts. 2 Timothy 2:22 (TLB)



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

#### Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Read Matthew 26:36-41 (Read it also from the Message Translation). Does Jesus' question challenge you personally? Explain
- Why do you think Jesus asked this question of the disciples with Him?
- What did Jesus mean when He used the word "watch"? Do we need that in our lives today?
- When Jesus says that "the spirit is willing but the body is weak", what does He mean?
- What does it mean that we need to view the physical through the lens of the spiritual?
- Do you proactively pray about protection from the temptations in your life?
- Why is prayer so important in dealing with temptation?

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Easter is Coming  
Kid's are hungry!



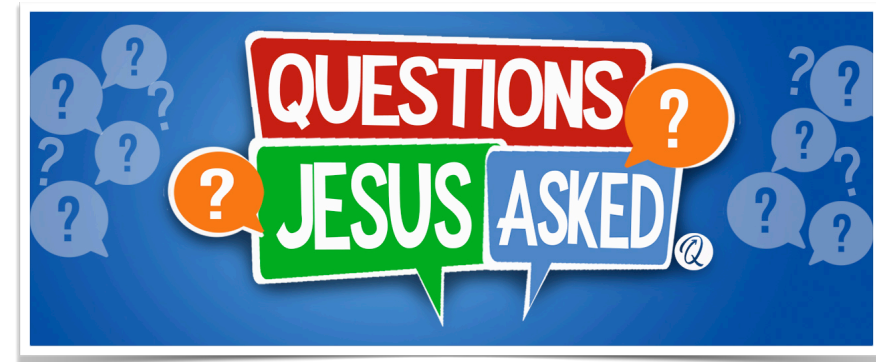
Drop off candy in the lobby.



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**SIGN-UP SHEET IN THE COURTYARD**  
8:30am Prep at Quest / 10a Food Giveaway

**WE NEED YOU**  
**SIGN UP IN THE COURTYARD**  
**Thank You!**  
**VOLUNTEER**

Today's Talk..



**Couldn't You Watch with Me Even One Hour?**

Sunday, March 17th, 2024

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