

Resist Temptations and  
The way of Escape

## What did Jesus do

Hebrews 4:15 For we have not an high priest which cannot be touched with the feeling of our infirmities; **but was in all points tempted** like as we are, **yet without sin.**

Jesus knows all about temptations, his word says **in all points**. The bible only lists the temptations of satan when Jesus was fasting 40 days in the desert, but we don't have a temptation that he don't know how it effects us.

1Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation **also make a way to escape**, that ye may be able to bear it.

The way of escape is the same as Jesus did in the desert when he was tempted of the devil.

Matthew 4:1to10 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. **But he answered and said,** It is written, **Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.** Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

Jesus said unto him, It is written again, **Thou shalt not tempt the Lord thy God.** Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, **Thou shalt worship the Lord thy God, and him only shalt thou serve.**

You see, the way of escape and the means of resisting temptation, is just what Jesus did, **he quoted scripture.** Now satan quoted scripture as well, but satan always quotes just what is good for him and his desires. (this is like a lot of professing Christians today, if you do this, you can make almost any doctrine you want.)

This is why the psalmist said: Psalms 119:11 **Thy word have I hid in mine heart, that I might not sin against thee.**

In other words read and study the scriptures, if you can't read, have someone read it to you or listen to the bible on tape or CD. AND don't forget to ask God to lock it in your heart and spirit.

HE will bring it to your remembrance as you need it.

John 14:26 But the Comforter, which is **the Holy Ghost**, whom the Father will send in my name, **he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.**

James 4:7 **Submit yourselves therefore to God. Resist the devil, and he will flee from you.**

It don't matter what the temptation, there is a scripture that will combat it through Jesus name.

1Corinthians 6:19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, **and ye are not your own?**

John 14:13to15 **And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it.**

**If ye love me, keep my commandments.**

It don't matter what your dilemma is, the devil cannot refute Jesus name or disallow what the scriptures say.

**Whether it is sickness, common cold, or anger etc.**

**You can resist it by casting it out in Jesus name and claim God's promises. If you have done something wrong and ask God to forgive you, THEN don't let satan or yourself tell you it ain't.**

**Bro Ken**