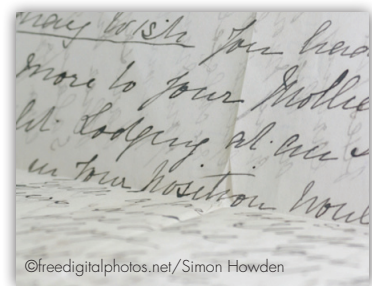


It Is Written
 Today's Reading
 Matthew 4:1-11



You have some things in common with Jesus. Both of you have faced temptation. The writer of Hebrews tells us that He "was tempted in every way, just as we are." In other words, He experienced the same types of temptations that you face. In spite of the similarities, there is one major difference between the outcome of His temptation and yours. He "was without sin" (Heb. 4:15). You have to admit that your track record isn't spotless, is it? His is! If you are honest, you must confess that there have been times when you have given in, right? He didn't!

It stands to reason, then, that there may be some things you can learn from Him with regard to resisting temptation. One of those things is a principle expressed by David in the Psalms that is illustrated for us by Jesus in the gospels. David put it like this, "I have hidden your word in my heart that I might not

sin against you." (Psalm 119:11) You see, there is a relationship between your ability to resist temptation and the degree to which you have stored the word of God in your life and call upon it in times of temptation. That's what Christ did. When Satan said, "Make stones into bread," He replied, "No way, because **it is written...**" When Satan suggested, "Jump off this building," Jesus answered, "Are you kidding? **It is written...**" When Satan offered, "Here, look at what you can have," the Lord responded, "Huh uh, because **it is written...**" Jesus had the word of God hidden in His heart. At the point of temptation, He intentionally called upon the Scriptures as a source of strength.

Are there specific temptations that you face regularly...and perhaps give in to occasionally? Take the time now to identify a specific Bible verse that speaks to that issue and commit it to memory. Start by writing it out and carrying it with you. Learn it phrase by phrase. Review it often. If you are struggling in identifying a verse, why not start with this one?

"I have hidden your word in my heart that I might not sin against you."

(Psalm 119:11)