



Sermon Notes for 02.22.26 ~ Luke 4:1-13

The Wandering Way

After exploring the three temptations Jesus faced and how he countered them, we will talk about the temptations we face and consider strategies which can help us to manage those temptations today.

As Jesus faced temptations, he faced the questions, **What does it mean to be God's Son?** and **What kind of Messiah will I be?**

Temptation #1: This first temptation is not only **personal yet social**: will Jesus' ministry be one of turning stones to bread?

Temptation #2: The second temptation is **political**: will Jesus submit to the ruler of this world to achieve good for the people of this world?

Temptation #3: The third temptation is **religious**: will Jesus win Jerusalem by forcing faith and by avoiding death by the display of supernatural power?

So how do you and I manage temptations? One of the key strategies is using the **4Ds Framework** for overcoming temptation (example of chocolate):

- **Delay.** Pause before acting. On average, a **10-to-20-minute wait** may be all you need to overcome your urges.
- **Distract.** Shift focus to another activity which engages your mind and body (like reading scripture, taking a walk, playing a game, or phoning a friend).
- **Distance.** Put physical distance between yourself and what is tempting you, or use “mental distance” by visualizing the temptation as something separate from yourself.
- **Determine (or Decide).** Remember your personal goals and consider the consequences of giving into temptation before making your final decision.

These **4D** strategies help to interrupt any impulsive urges helping you to make better decisions and stay on track with your mental, emotional, physical, spiritual and/or financial goals. Of course, there is an obvious **#5** which is:

- **Depend.** Bring the focus back to God and fully depend on God to help you. Again, read scripture and practice breath prayers.

You are creative and resourceful – and if you can face the temptation of **chocolate**, you can also face other more challenging temptations in your life.