



GPS for the week of February 28: Matthew 4:1-11

“1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry. 3 The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ 4 Jesus answered, ‘It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’ 5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 ‘If you are the Son of God,’ he said, ‘throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’ 7 Jesus answered him, ‘It is also written: ‘Do not put the Lord your God to the test.’ 8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 ‘All this I will give you,’ he said, ‘if you will bow down and worship me.’ 10 Jesus said to him, ‘Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’ 11 Then the devil left him, and angels came and attended him.”

Sunday, February 28:

Scripture: Read above Scripture slowly (even if it is very familiar to you).

Questions: What stood out for you as you read this Scripture? What do you hope to be reminded of as you focus on this Scripture this week? Can you see how Jesus handled temptation? Are you willing to reflect on your life this week and see how you respond to temptation? How will this encourage you in this season of Lent?

Prayer: Lord Jesus, help me to look at Your life this week through this Scripture. You had an answer to every temptation thrown at You. Help me to use Your example in my own life so that I too can resist temptation.

Monday, March 1:

Scripture: Matthew 4:1-2: “1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry.”

Questions: Have you ever felt that you were being led by the Spirit to do something you thought would be difficult for you to accomplish? How did you respond? Did you notice that temptation came when Jesus was probably weak? Have you noticed that is when you are usually tempted?

Prayer: Jesus, help me to be reminded of how you dealt with temptation when it overwhelms me. Let me be more willing to be in tune with You so that I can respond in a way that the temptation does not overwhelm me.

Tuesday, March 2:

Scripture: Matthew 4:3-4: “ 3 The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ 4 Jesus answered, ‘It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Questions: Do you see the first way that Jesus responded to the temptation for food? How often do you use Scripture when you are feeling tempted? Or, do you try to handle it on your own? Through these verses, can you see the importance of being in God’s word?

Prayer: Jesus, help me to open up more opportunities to be in Your word so that I can be confident in resisting temptation. I know that leaning on You when I am being tested is the best. Help me to remember that first rather than allowing it to be a last attempt.

Wednesday, March 3:

Scripture: Matthew 4:5-7: “ 5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 ‘If you are the Son of God,’ he said, ‘throw yourself down. For it is written: ‘He will command his angels

concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’ 7 Jesus answered him, ‘It is also written: ‘Do not put the Lord your God to the test.’

Questions: Have you ever put God to the test? If you have, have you looked at this as possibly a temptation? Have you been tempted to do the wrong thing when someone has misused Scripture to you? Did you know that you can ask God to reveal the truth to you? Do you do this?

Prayer: Lord, please forgive me for the times I have put you to the test. Help me to be more trusting of You with whatever I am going through. Help me to be more attentive to Your voice so that I will know and understand what You are doing around me.

Thursday, March 4:

Scripture: Matthew 4:8-10: “8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 ‘All this I will give you,’ he said, ‘if you will bow down and worship me.’ 10 Jesus said to him, ‘Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

Questions: What kind of temptations have you faced? Are they ones that are just for your personal involvement or do you see them as ones that will make you look better? Do you realize that these temptations were for Jesus and are the not the same temptations that you will receive? Will that help you to be more aware of what the enemy is trying to do?

Prayer: Lord, provide me with a discerning Spirit so that I will readily recognize the enemy at work in my life. Open my ears to Your voice for wisdom and knowledge so that I can know for sure whether it is Your voice or the enemies voice. Then remind me how I need to respond.

Friday, March 5:

Scripture: Matthew 4:11: “11 Then the devil left him, and angels came and attended him.”

Questions: How often do you allow Jesus to come and tend to you after you have fallen into temptation? Or do you allow guilt to fester after you have fallen into temptation? Do you believe that Jesus will come along side of you if you allow Him to?

Prayer: Lord God, remind me that You will come along side of me to help me to heal and forgive myself for falling into temptation. I know that if you do this for Jesus You will do this for me too. Help me to lean on You after I have fallen into temptation.

Saturday, March 6:

Scripture: Matthew 4:1-11 again: “1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry. 3 The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ 4 Jesus answered, ‘It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’ 5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 ‘If you are the Son of God,’ he said, ‘throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’ 7 Jesus answered him, ‘It is also written: ‘Do not put the Lord your God to the test.’ 8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 ‘All this I will give you,’ he said, ‘if you will bow down and worship me.’ 10 Jesus said to him, ‘Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’ 11 Then the devil left him, and angels came and attended him.”

Questions: As you have walked through this Scripture this week, what stood out for you that you want to remember from your readings? Do you have a better idea of how you will resist temptation in the future?

Prayer: Lord Jesus, I always appreciate that You went through some of the same things that I experience. Thank You for modeling how I should respond to temptation. Help me to be able to call to mind this Scripture especially when I am feeling overwhelmed by temptation.