

Resisting Temptation

Matthew 4:11 tells of the devil tempting Jesus. The devil chose a time when Jesus' will might have been weakened from fasting. Today we face temptations and they are hardest to overcome when we are weak and vulnerable. Like Jesus we have the Holy Spirit to give us strength to resist them. We connect with God's Spirit through prayer.

Reflect on the ways below that the devil tempted Jesus. Then write a prayer to help you with each personal temptation described.



POWER

The devil challenged Jesus with a command to prove his power by changing stones to bread.

You might be tempted with a challenge to show your power by belittling or bullying someone.

You pray: _____



GREAT THINGS



The devil challenged Jesus with the promise of a kingdom for worshipping the devil.

You might be tempted with a promise of great things if you do something that you know is wrong.

You pray: _____



POPULARITY

The devil challenged Jesus to throw himself from a high wall to be saved by angels.

You might be tempted to take a dangerous risk to get attention or gain popularity.

You pray: _____

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Parents, Catechists, Teachers: Talk with your young person about the value of prayer as helping to change us, not God. Prayer reminds us that God is always with us helping us resist temptation.