



“Help in Times of Temptation, Part II” (Hebrews 3-4)

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If Christ is the mediator of a better covenant, then He must be greater than the angels, because angels mediated the first covenant. This is pretty much the main point of Hebrews chapter one. The writer cited seven Old Testament passages proving that Christ is greater than the angels. Chapter two launched us into some of the reasons why the New Covenant is better than the Old Covenant. Christ’s sacrifice secured what man had forfeited in The Garden of Eden (dominion). We will one day rule and reign with Christ over the entire earth, and over all creation (1,000 year reign, then new heavens and a new earth). Christ’s sacrifice also guarantees our resurrection. In Adam we died, but in Christ are made alive. So we no longer have to fear death. And because Jesus Christ has a human body, he not only is a sufficient sacrifice for us as human beings, but he helps us when we are tempted, because he knows what we are going through. And that’s where we left it last week. So, our emphasis this week is how he helps us when we are tempted.

I. HE SYMPATHIZES WITH US (Heb.4:14-15)

- Jesus knows the full force of temptation in a way we can never know, because he never gave in.

II. HE PROVIDES GRACE AND MERCY WHEN WE FAIL

- Anyone can fail, at any point in life. The battle is daily!
- See II Samuel 11:1-12:14ff (summarize)...amazingly, after all the terrible consequences of his failures, near the end of his life he fails again...See II Samuel 24, David counting the fighting men (II Samuel 24); took nine months and twenty days; 1,300,000 men; but God had not given David victory because of the size of his army (worldly glory), but rather God had given victory as a result of David’s faith and *humility*...v.10b I have done a *very foolish thing*... note the altar (Calvary). See Psalm 51:1-12.

III. HE PROVIDES EVERYTHING WE NEED FOR VICTORY

A. An Example To Follow (Heb.3:1-6)

1. Willingness to suffer (courage)

- After fasting 40 days, Jesus now began to experience excruciating starvation pains as his digestive tract began to digest live tissue for energy.
- Heb.2:10, Jesus made *perfect* through suffering; The only way to “perfection” (maturity) is through suffering (see Rom.5:1-5; I Peter 4:1-5; Gal.5:17; I Cor.9:27; I Thess.4:1ff). To be like Jesus is to be self-controlled, and that has to be developed...
- Note: people who are not willing to suffer remain immature and ultimately end up in bondage (John 8:34; II Peter 2:19b; I Cor.6:12).

2. Heavenly mindset

- Col.3:1-7; Phil.3:18-21
- My kingdom is not of this world.
- I Cor.7:31

3. The Word of God

- Jesus responded to each temptation with the Word; see Psalm 119:9-11; Psalm 1:1-3; Joshua 1:8.
- When Biblical authors wanted to refer to the whole Bible, all of its parts and all of its books and all of its chapters and verses — all the teachings written down and recorded in the Bible — they used the Greek word *logos*. *Logos* means “word” but when used of Scripture, it refers to all of the written Word of God, all of the Bible, in its entirety, as it is written down with pen and ink on the pages of Scripture. That is the *logos*. But *logos* is not the Greek word Paul uses here. Instead, he uses the word *rhema*. *Rhema*, as used here, and in Ephesians 5:26 and elsewhere in Scripture, does not refer to the entire Bible in its written form. Instead, it refers to speaking individual verses and passages from the Bible. *Logos* is the entire written Word. *Rhema* is when individual verses or passages from the Bible are spoken.
- The more Word I have in my sheath, the more weapon I have in my hand.

4. Sensitivity to the Holy Spirit

- See Gal.5:16-17; note fruit of the Spirit; one is self-control.

B. The Holy Spirit

- Read chapters 3 & 4 at this point, emphasizing the ministry of the Holy Spirit to the Israelites in the wilderness (remember Jesus' temptation was in the wilderness).
- God uses the Holy Spirit and the Word to lead us to victory over temptation.
- Note: In the wilderness, God tested them, but Satan tempted them. It is the same with us. And because the Israelites failed the test, fell to temptation, they ended up "testing" God. They tried his patience for 40 years. See Deut. 8:1-5. Rather than trusting God, persevering through tough times, they grumbled, complained, were unsubmitive to authority God had placed over them, never developed an appetite for manna (Christ), repeatedly craved the food of Egypt. As a result, they never matured, never entered God's rest. Their lives reflected constant struggle, and repeated failure.

C. The Body of Christ

- Encourage one another daily (expound on relationships in the church); Peter, Satan has desired to sift you, when you've turned back, strengthen your brothers.

D. An Escape Route For Every Temptation We Will Face (I Cor.10:13)

1. The three battlefields of temptation

- Lust of the eyes
- Lust of the flesh
- Pride of life

2. What's your escape route today?