



HEAVEN *To* EARTH

TEMPTATION OF JESUS

Matthew 4 (ESV)

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry. 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” 5 Then the devil took him to the holy city and set him on the pinnacle of the temple 6 and said to him,

Matthew 4 (ESV)

“If you are the Son of God, throw yourself down, for it is written, “‘He will command his angels concerning you,’ and “‘On their hands they will bear you up, lest you strike your foot against a stone.’” 7 Jesus said to him, “Again it is written, ‘You shall 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 glory. 9 And he said to him, “All these I will give you, if you will fall down and worship me.”

Matthew 4 (ESV)

10 Then Jesus said to him, “Be gone, Satan! For it is written, “‘You shall worship the Lord your God and him only shall you serve.’” 11 Then the devil left him, and behold, angels came and were ministering to him.

Big Idea

Our enemy, the Devil, is the Father of Lies.
Do not believe the whispers but stand on the truth of the
word of God.
“it is written...”

THE DEVIL
IS A LIAR

The Devil is a Liar

- The Devil begins by questioning Jesus' identity: "If you are the Son of God..." - the same identity God had just affirmed.
- Satan always lies; Jesus calls him "the father of lies."

44 You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.

(John 8:44 ESV)

The Devil is a Liar

- The enemy whispers doubts to us too: “You’re not loved,” “You’re not forgiven,” “You don’t matter.”
- The Devil attacks our identity because if we forget who we are in Jesus, we forget how to live for Him.

The Devil is a Liar

- God calls us His beloved children & His voice - not the enemy's - defines us.

15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” 16 The Spirit himself bears witness with our spirit that we are children of God, 17 and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. (Romans 8:15–17 ESV)



THE BATTLE OF THE MIND

The Battle of the Mind

- Salvation gives us a new heart, but our old patterns of thinking remain unless renewed by Scripture.
- Paul warns us not to be conformed to the world's patterns but transformed by renewing our minds.
- The Devil uses “whispers” - subtle thoughts, discouragement, fear & lies - to pull us away from truth.

The Battle of the Mind

- Spiritual warfare is not primarily physical; it is mental & spiritual.

12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

(Ephesians 6:12 ESV)

- God equips us with His armor - especially the Sword of the Spirit, the Word of God - to fight back.



HOLY BIBLE

Defeat Temptation with Scripture

Defeat Temptation with Scripture

- In all three temptations, Jesus responds with the same phrase: “It is written...”
- Jesus does not argue with the Devil - He stands on God’s Word.
- The Devil even misuses Scripture, but Jesus corrects him with truth.
- Jesus shows us that feelings, hunger, fear, or pride must never guide us - God’s Word must.

Defeat Temptation with Scripture

- When we stand on Scripture, the Devil must flee.

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7 ESV)

Practical Application

- Speak Scripture out loud when you feel discouraged or afraid - just as Jesus did.
- Reject negative whispers (“I’m forgotten,” “I’m useless”) & replace them with God’s truth.
- Renew your mind daily by reading or listening to Scripture, even a single verse.
- Lean on community - temptation grows stronger when we are isolated.

Practical Application

- Pray for strength to recognize lies quickly & cling to truth.
- Remember your identity - you are a beloved child of God, adopted & secure in Jesus.

Discussion Questions

- What kinds of “whispers” or lies do you think the enemy uses most often against believers?
- Why do you think the Devil attacks our identity first?
- Which of Jesus’ responses—“It is written”—speaks most strongly to you today?
- How have you experienced the battle of the mind in your walk with Jesus?
- What Scripture could you use this week to stand against discouragement or fear?

The background of the image is a dramatic sky scene. Dark, textured clouds fill the lower and side portions of the frame. From the upper center, a brilliant golden light emanates, creating a strong lens flare and several distinct rays of light that fan out across the sky. The overall color palette is dominated by warm tones of gold, orange, and deep blue.

HEAVEN *To* EARTH

TEMPTATION OF JESUS

Top 10 Whispers for Seniors

- ***The Temptation to Believe “I Am No Longer Needed”*** - Many seniors feel their usefulness has passed, but God says older believers still matter deeply.
 - Psalm 92:14 – God says His people “still bear fruit in old age”; usefulness does not end with youth.
 - Ephesians 2:10 – Every believer is God’s workmanship, created for good works in every season of life.
 - Isaiah 46:4 – God promises, “I will sustain you and carry you,” even into old age and gray hair.

Top 10 Whispers for Seniors

- ***The Temptation Toward Loneliness & Isolation*** - Living away from family or losing friends can tempt seniors to withdraw, but God draws near.
 - Psalm 68:6 – God places the lonely into families and community.
 - Hebrews 10:24–25 – Encourages believers to stay connected and not give up meeting together.
 - Isaiah 41:10 – God says, “Do not fear... I am with you,” offering strength and companionship.

Top 10 Whispers for Seniors

- ***The Temptation to Fear the Future*** - Health changes, financial concerns, and uncertainty can stir fear, but God promises His presence.
 - Isaiah 43:1–2 – God says, “Fear not... when you pass through the waters, I will be with you.”
 - Matthew 6:34 – Jesus teaches not to worry about tomorrow; God will provide.
 - Psalm 23:4 – Even in the valley of the shadow of death, God walks beside His people.

Top 10 Whispers for Seniors

- ***The Temptation to Live in Regret*** - Looking back on mistakes or missed opportunities can weigh heavily, but God offers forgiveness and renewal.
 - Philippians 3:13–14 – Paul urges believers to forget what is behind and press forward.
 - Romans 8:1 – There is no condemnation for those in Christ Jesus.
 - Isaiah 1:18 – God promises to wash sins white as snow.

Top 10 Whispers for Seniors

- ***The Temptation to Compare Themselves to Others*** - Comparing health, mobility, or family involvement can lead to discouragement, but God values each person uniquely.
 - Galatians 6:4 – Each person should examine their own life, not compare with others.
 - 2 Corinthians 10:12 – Scripture warns that comparison is unwise.
 - Psalm 139:14 – Every person is fearfully and wonderfully made by God.

Top 10 Whispers for Seniors

- ***The Temptation to Bitterness or Resentment*** - Loss, change, or feeling overlooked can tempt seniors to hold onto hurt, but God calls His people to forgiveness.
 - Ephesians 4:31–32 – Put away bitterness and forgive as Christ forgave you.
 - Hebrews 12:15 – Warns against allowing a “root of bitterness” to grow.
 - Colossians 3:13 – Encourages believers to forgive others as the Lord forgave them.

Top 10 Whispers for Seniors

- ***The Temptation to Self Pity*** - When life feels smaller or more limited, the enemy whispers discouragement, but God sees and cares.
 - Psalm 34:18 – The Lord is close to the brokenhearted.
 - 1 Peter 5:7 – Cast all your cares on Him because He cares for you.
 - Isaiah 49:15–16 – God says He will never forget His people; their names are engraved on His hands.

Top 10 Whispers for Seniors

- ***The Temptation to Numb Emotional Pain*** - Some cope with sadness or loneliness through overeating, oversleeping, or disengaging, but God invites honest prayer.
 - Psalm 62:8 – Pour out your heart to God; He is a refuge.
 - Matthew 11:28–30 – Jesus invites the weary to come to Him for rest.
 - 1 Corinthians 10:13 – God provides strength and a way out of temptation.

Top 10 Whispers for Seniors

- ***The Temptation to Believe “My Best Days Are Behind Me”*** - The enemy whispers that life is winding down, but God still has purpose for every believer.
 - Jeremiah 29:11 – God has plans for hope and a future, even in later years.
 - Psalm 71:18 – Even when old and gray, believers can declare God’s power to the next generation.
 - Hebrews 12:1 – Encourages believers to keep running the race God has set before them.

Top 10 Whispers for Seniors

- ***The Temptation to Doubt God's Love or Presence*** - Illness, grief, or memory decline can make God feel distant, but His Word promises He is near.
 - Romans 8:38–39 – Nothing can separate us from the love of God in Christ Jesus.
 - Deuteronomy 31:6 – God promises, “I will never leave you nor forsake you.”
 - Matthew 28:20 – Jesus says, “I am with you always.”