

Luke 4:1-13

It is so easy to be distracted!

Mobile phones are banned for car drivers – TV adverts: Compare the market!

People distract you. Worries can distract you.

If you are hungry – that can be a distraction...

You can be distracted by power. Power over people.

Quote; Baron Acton: "Power tends to corrupt, and absolute power corrupts absolutely." Jesus gave us the example of being the slave, the servant.

Power distorts relationships. Marriage course coming up...

Or you can be distracted by compromise... the short cut... These things happen. And they happen in our Christian Walk... We want to do something good – but do the opposite... Paul says... *I do not understand what I do. For what I want to do I do not do, but what I hate I do... Rom 7:15*

How can we avoid this...?

Not all distraction is negative. The Bible talks about a Sabbath rest – we are meant to have time to re-charge the batteries, relax...renewed...

But often we can get distracted from God's purposes for our lives. He calls us to walk the walk. Live for him. To do what we say we'll do . Not just say we believe, but live that belief.

In our reading Jesus is being tempted - distracted from his core purposes.

He uses hunger – in other words he says “ you have a genuine self interest – look after number one. You are worth it. I

Secondly Jesus was tempted to abuse power... "I will give you all their authority and splendour, for it has been given to me...vs 6 the worldly authority and splendor? That is not God's way!

Finally to compromise. To take a short cut. Fake it.

How did Jesus Walk the walk?

Firstly he has made a decision. The Bible says in another place he.. “Set his face towards Jerusalem...”

If you want to walk the walk – 1) make the decision – “this is what I am going to do!”

2. Be aware of your weakness and God's strength...God only uses weak people...

If Jesus needed to be aware of his weakness and God's strength the need to be full of the HS – reliant on God... you do!

3) Keep in step with Scripture...

Jesus used scripture.. “It is written...”, “It is written...”, “it says...”

What does the Bible say...? Not, what others say, what everyone is doing... heard here, there... what does the Bible say?... that will make you happy!

Questions:

How are you distracted? What illustrations do you have from your life?

Richard Foster wrote a book called “Money, Sex and Power”, saying that these are the three big areas of distraction/sin. Do you think this is a fair summary? What would you add/change? Do you think Jesus' temptations fit with this – broadly, not specifically!

In our Christian walk I think Dr Luke's advice is threefold: to 1) make a decision – (who you will follow, how you will live etc...) 2) be aware of your weakness and God's strength, and 3) keep in step with Scripture. Do you agree? Do you think this is helpful? Take each one in turn to explore how they are applied in your life, with examples.

Date for diaries Wed 24th Feb Get in Gear 3. Please come as a Cell group together.