



If Jesus was Vulnerable, dah – You are Vulnerable!

What is Your “More Opportune” Time?

(Revisited)

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Hard Questions to Ask Yourself:

- If Jesus had a vulnerable time, what might yours be?
- What would be the best time for the devil to tempt you?
- When are you at your weakest to face temptation?
- When are you most vulnerable?

Context of this Verse: The Temptation of Jesus

- JC is led by the Spirit for a Time of Testing
- Note: God is with you when facing temptation
- In the desert wilderness - fully alone.
- Alone can be our hardest times.
- 40 days of testing - not a short time.
- Jesus was tempted by the Devil himself
- Ate nothing for this entire time - starving - thus He was very weak.
- There were 3 temptations referred to here: Provision, Power & Protection
- Jesus answered the devil EVERY time with a verse of Scripture

The TEXT: Luke 4:13 (The END of the temptation story from 6 translations)

1. When **the devil** had **finished all this tempting**, he **left him until** an **opportune time**. (NIV)
2. That **finished the devil's harassment for the time being**. So, **he stood off at a distance, retreating until the time came to return and tempt Jesus again**. (TPT)
3. And when **the devil** had **ended every temptation**, he **departed from him until** an **opportune time**. (ESV)
4. That **completed the testing**. **The Devil retreated temporarily, lying in wait for another opportunity** (MSG)
5. When **the devil** had **finished every temptation**, he **[temporarily] left** Him until a **more opportune time**. (AMP)
6. **That silenced the devil's harassment for the time being**. So, **he retreated until** an opportune time. (TPT)

WHAT IS YOUR “*MORE OPPORTUNE*” TIME?

When is the best time for the devil to ‘pull the trigger’ on YOU? The key is to know and understand your “temptation triggers” - your most vulnerable moments - to be attacked by the enemy and succumb to your addiction.

Definition: *OPPORTUNE* - occurring at a favorable or useful time; well-timed for desired results. The enemy KNOWS your weaknesses, your tendencies and

Dangerous Dispositions – Know Your *Emotional Triggers* that unsettle you inside.

- Feeling Attacked or Criticized
- Feeling Rejected or Excluded
- Feeling Angry or Resentful
- Feeling Blamed or Accused
- Feeling Lonely or Isolated
- Feeling Wounded or Offended
- Feeling Frustrated or Agitated
- Feeling like a Failure or Falling Short
- Feeling Self-Pity or Playing a Victim
- And a Host of Other Unsettling Emotions
- Remember **HALT** – **H**ungry, **A**ngry, **L**onely, **T**ired

Deadly Distractions - Know Your *Visual Triggers* that sidetrack your focus.

- Tempting, attractive people at work, club or bar
- People who flirt with you
- Friends that push limits who talk trashy
- Friends who send porn images or jokes as part of a thread
- Sexual images anywhere
- Cruising to look, see or imagine opportunities
- Scoping uncontrolled in public places with crowds of people
- Surfing aimlessly online almost on a hunt
- Revisiting Restaurants with scantily dressed or sexually provocative staff

Diminished Discernment - Know Your *Situational Triggers* that awaken dark distractions.

- Late at night and alone
- Going clubbing if you are single or as if you are single
- Marital struggles create unclear thinking and rationalization
- Specific time of day connected to a past pattern of acting out
- Being in your bathroom with past addictive routines
- Restless and can't sleep
- Certain streets or districts of your community
- Under the influence of alcohol or drugs
- Going to a club, bar or adult entertainment establishment
- Digital privacy or using VPN
- Actually hungry, sleepless or sick
- Bored, purposelessness, aimless, listless
- Alone for an extended time
- Know your most vulnerable environments or places.
- Refusing accountability – private passwords – turning off location services

FUTURE: Know your Mental Triggers or Danger Zone - Fantasizing, daydreaming, an idle mind, no focus, lazy, bored, vegging, aimless surfing online, fading Biblical input.

FACE IT! If the Devil knows a more opportune time to tempt Jesus, you know he has the book on YOU! Be sure to know your own triggers better than the enemy does!

YOU CAN'T ALWAYS BLAME THE DEVIL

- Don't **flatter yourself** thinking it takes the devil himself to get you off track.
- Don't **fool yourself** in your recovery. Pride comes before a fall.
Prov. 16:18- "First pride, then the crash. The bigger the ego, the harder the fall." (MSG)
"Pride goes before destruction, and haughtiness before a fall." (NLT)
- Don't **forget yourself** as its our own desires unchecked that drag us into temptation.
James 1:12-15 - Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Reality Check: It JESUS was vulnerable – YOU are vulnerable!

What to Do to Decrease the Power of Your Opportune Times of Temptation:

1. Figure out on paper your emotional, visual and situational triggers toward temptation.
2. Share these with a friend so your temptation tendencies are known
3. Use the Relapse Report to more deeply understand your bad habits into failure.
4. Do a Temptation Analysis recording activities for a 3 week to look for patterns and habits
5. Analyze your Thoughts – Often we KNOW we are slipping but say nothing or do nothing.
6. Regular Accountability – Reach out when tempted; Others help identify opportune times.
7. Face Your Inner Dark Voice and Soul Wounds
8. Know your Bible Better! You should be able to quote scripture at will when tempted.

2 Corinthians 12:9 – But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

- His Power is made perfect in my weakness – I have to admit I am weak and reach out.

1 Corinthians 10:13 – No temptation^a has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

- You can't embrace the temptation and Jesus too. Do you let you be tempted???

Hebrews 4:15 - For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

- He gets our battle. He lived our battle. He will lead the way out if you allow Him to.

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