

## Don't Scratch

Open with prayer to God for wisdom.

Before too long, mosquito activity should decline a lot around here, which is a relief to everyone in the midst of some truly outstanding weather we've recently enjoyed. Of course most, if not all, of us have experienced the itch that follows the mosquito bites. At first, the itch is rather intense, very hard to ignore, and we want to scratch to relieve that feeling for that moment. If we continue to scratch, the itch will continue and get worse over and over. However, if we can manage to ignore it for a couple of hours, the itch will go away rather quickly. In life, temptation is the itch, sin is the scratch. We will be bitten, and we will itch. We can choose to scratch, and we can choose to sin. The bite can get infected, and sin can damage, even lead to death. However, choosing to withstand the temptation, the itch, is our part of an effort we give to God, Who has the power to remove the temptation and sin from us altogether. He does most of the work to save from temptation, but He wants us to do our part as well. The itch stops, and we heal. Life eternal is the result.

Read Matthew 4:1-11.

Questions to prayerfully consider or discuss: What does the fact that Jesus was tempted tell us about temptation in our own lives? Why was each of Satan's ideas meant to be a temptation to Jesus? In what ways have you been tempted? What can you do to keep from giving into temptation?

Close with prayer in thanks to God.