

One Desire Fast, Part 1: “Jesus Fasting”

Matthew 4:1-11

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*Treasure, trust, and train under
Jesus, the one true hero!*

I. See verse 1: The Set-Up

Matthew 4:1 (ESV): *1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.*

- Jesus Christ is the “last Adam” (perfect man) and the “true Israel” (perfect law-keeper). See Romans 5:15.

II. See verses 2-4: The First Temptation

Matthew 4:2-4 (ESV): *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.’”*

- The spirit of the age says, “Depend on yourself,” but Jesus says, “I am the bread of life.” See Deuteronomy 8:3, Matthew 6:11, Matthew 26:26.

III. See verses 5-7: The Second Temptation

Matthew 4:5-7 (ESV): *5 Then the devil took him to the holy city and set him on the pinnacle of the temple 6 and said to him, “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.’”*

- The spirit of the age says, “God doesn’t care,” but Jesus says, “Seek first my kingdom.” See Psalm 91:11-12, Deuteronomy 6:16, Matthew 6:33..

IV. See verses 8-10: The Third Temptation

Matthew 4:8-10 (ESV): *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.” 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.’”*

- The spirit of the age says, “Pursue your own desires,” but Jesus says, “Take up your cross.” See Deuteronomy 6:13, Matthew 16:25-26..

V. See verse 11: The Conclusion

Matthew 4:11 (ESV): *11 Then the devil left him, and behold, angels came and were ministering to him .*

- **Life Application:** Use this season to treasure, trust, and train under Jesus, the one true hero! Recommendations: Participate in One Desire Fast and the Church Online Conference.