

# Jesus is Tempted

## 耶穌被試探

Luke 4:1-13 | 路加福音 4:1-13

## Luke 4:1-2

- 1 Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness,
- 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

## 路加福音 4:1-2

- 1 耶稣被圣灵充满，从约旦河回来，圣灵将他引到旷野，四十天受魔鬼的试探。
- 2 那些日子没有吃甚么，日子满了，他就饿了。

## Luke 4:3-4

- 3 The devil said to him, “If you are the Son of God, tell this stone to become bread.”
- 4 Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

## 路加福音 4:3-4

- 3 魔鬼对他说：“你若  
是神的儿子，可以吩咐  
这块石头变成食物。”
- 4 耶稣回答说：“经上  
记着说：‘人活着不  
是靠食物，乃是靠  
神口里所出的一切  
话。’”

## Luke 4:5-6

- 5 The devil led him up to a high place and showed him in an instant all the kingdoms of the world.
- 6 And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to.

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## 路加福音 4:5-6

- 5 魔鬼又领他上了高山，霎时间把天下的万国都指给他看，
- 6 对他说：“这一切权柄、荣华，我都要给你，因为这原是交付我的，我愿意给谁就给谁。

## Luke 4:7-8

- 7 If you worship me, it will all be yours.”
- 8 Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

## 路加福音 4:7-8

- 7 你若在我面前下拜，这都要归你。”
- 8 耶稣说：“经上记着说：当拜主你的神，单要事奉他。”

## Luke 4:9-10

- 9 The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here.
- 10 For it is written: “He will command his angels concerning you to guard you carefully;

## 路加福音 4:9-10

- 9 魔鬼又领他到耶路撒冷去，叫他站在殿顶上，对他说：“你若神的儿子，可以从这里跳下去；
- 10 因为经上記着说：‘主要为你吩咐他的使者保护你。

## Luke 4:11-13

- 11 they will lift you up in their hands, so that you will not strike your foot against a stone.””
- 12 Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”
- 13 When the devil had finished all this tempting, he left him until an opportune time.

## 路加福音 4:11-13

- 11 他们要用手托着你，免得你的脚碰在石头上。”
- 12 耶稣对他说：“经上说：‘不可试探主你的神。’”
- 13 魔鬼用完了各样的试探，就暂时离开耶稣。

# Discussion

- Share about a temptation that you have faced or are currently facing.

# 讨论问题

- 分享一下你曾经遇到过或目前正在面临的诱惑。

## Luke 3:22

- 22 and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

## 路加福音 3:22

- 22 圣灵降临在他身上，形状仿佛鸽子；又有声音从天上来，说：“你是我的爱子，我喜悦你。”

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## Hebrews 4:15

➤ 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.

## 希伯来书 4:15

➤ 15 因我们的大祭司并非不能体恤我们的软弱，他也曾凡事受过试探，与我们一样；只是他没有犯罪。

## Luke 4:3

- ▶ 3 The devil said to him, “If you are the Son of God, tell this stone to become bread.”

## 路加福音 4:3

- ▶ 3 魔鬼对他说：“你若  
是神的儿子，可以吩咐  
这块石头变成食物。”

## Luke 4:4

- 4 Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

## Deuteronomy 8:3

- 3 He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

## 路加福音 4:4

- 4 耶稣回答说：“经上記着说：‘人活着不是单靠食物，乃是靠神口里所出的一切话。’”

## 申命记 8:3

- 3 他苦炼你，任你饥饿，将你和你列祖所不认识的吗哪赐给你吃，使你知道人活着不是单靠食物，乃是靠耶和华口里所出的一切话。

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## Luke 4:7

- 7 If you worship me, it will all be yours.”

## 路加福音 4:7

- 7 你若在我面前下拜，这都要归你。”

## Luke 4:8

- 8 Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

## Deuteronomy 6:13

- 13 Fear the Lord your God, serve him only and take your oaths in his name.

## 路加福音 4:8

- 8 耶稣说：“经上记着说：当拜主你的神，单要事奉他。”

## 申命记 6:13

- 13 你要敬畏耶和华你的神，事奉他，指着他的名起誓。

## Luke 4:9

➤ 9 The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here.

## 路加福音 4:9

➤ 9 魔鬼又领他到耶路撒冷去，叫他站在殿顶上，对他说：“你若神的儿子，可以从这里跳下去；

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“He will command his angels concerning you to guard you carefully;
- 11 they will lift you up in their hands, so that you will not strike your foot against a stone.””

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- 10 因为经上記着说：  
‘主要为你吩咐他的使者保护你。
- 11 他们要用手托着你，免得你的脚碰在石头上。’”

## Luke 4:12

- 12 Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”

## Deuteronomy 6:16

- 16 Do not put the Lord your God to the test as you did at Massah.

## 路加福音 4:12

- 12 耶稣对他说：“经上说：‘不可试探主你的神。’”

## 申命记 6:16

- 16 你们不可试探耶和华你们的神，像你们在玛撒那样试探他。

## Luke 4:13

- 13 When the devil had finished all this tempting, he left him until an opportune time.

## 路加福音 4:13

- 13 魔鬼用完了各样的试探，就暂时离开耶稣。

- **Move the line.**
- **Magnify the cost.**
- **Plan your escape.**

- 移动这条线。
- 增加成本。
- 计划你的逃跑路线。

## ➤ Know Yourself & Your Triggers:

❖ Identify your personal weaknesses, emotional states (hunger, boredom, loneliness), and specific situations that lead to temptation.

➤ Recognize that temptation often starts with a thought or desire, not just the action.

## 2 Thessalonians 3:3

➤ 3 But the Lord is faithful, and he will strengthen you and protect you from the evil one.

## ➤ 了解自己和自己的诱因

❖ 找出你的个人弱点、情绪状态（饥饿、无聊、孤独）以及导致诱惑的具体情境。

➤ 要认识到，诱惑往往始于一个想法或欲望，而不仅仅是行动本身。

## 帖撒罗尼迦后书 3:3

➤ 3 但主是信实的，要坚固你们，保护你们脱离那恶者。

## Prepare in Advance:

- **Make decisions and set convictions before encountering temptation.**

## 1 John 4:4

- **4 You, dear children, are from God and have overcome them (that is, evil spirits), because the one who is in you is greater than the one who is in the world.**

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## 提前预备

- **在遇到诱惑之前做出决定并坚定信念。**

## 约翰一书 4:4

- **4 小子们哪，你们是属神的，并且胜了他们，因为那在你们里面的，比那在世界上的更大。**

➤ **Develop a specific plan for handling cravings or difficult situations.**

## **2 Corinthians 10:5**

➤ **5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

➤ **制定一个具体的计划来应对食欲或困难情况。**

## **哥林多后书 10:5**

➤ **5 将各样的计谋，各样拦阻人认识神的那些自高之事一概攻破了，又将人所有的心意夺回，使他都顺服基督。**

- **Change Your Focus:**
- **Distract yourself: Engage in a different activity to break the cycle.**

## Proverbs 4:14-15

- **14 Do not set foot on the path of the wicked or walk in the way of evildoers.**
- **15 Avoid it, do not travel on it; turn from it and go on your way.**

- **改变你的焦点:**
- **转移注意力: 参与其他活动来打破这种循环。**

## 箴言 4:14-15

- **14 不可行恶人的路，不要走坏人的道。**
- **15 要躲避，不可经过，要转身而去。**

## Psalm 119:9

- **Replace thoughts: Substitute tempting thoughts with scripture, positive affirmations, or reminders of your goals.**

## Psalm 119:9

- **9 How can a young person stay on the path of purity? By living according to your word.**

## 诗篇 119:9

- **替换想法：用圣经经文、积极的肯定句或对目标的提醒来取代那些诱人的想法。**

## 诗篇 119:9

- **9 少年人用甚么洁净他的行为呢？是要遵行你的话。**

- Pray, ask for help immediately when tempted, even a simple "help me".

## Matt 26:41

- 41 “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

- 请祈祷，在受到诱惑时立即寻求帮助，哪怕只是一句简单的“帮帮我”。

## 马太福音 26:41

- 41 总要警醒祷告，免得入了迷惑。你们心灵固然愿意，肉体却软弱了。”

- Take Action & Seek Support:
- **Create distance: Physically remove yourself from the tempting situation if possible (e.g., "fleeing").**

## 2 Timothy 2:22

- **22 Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.**

- 采取行动，寻求帮助
- **保持距离：如果可能的话，从诱人的情境中物理上脱离出来（例如，“逃离”）。**

## 提摩太后书 2:22

- **22 你要逃避少年的私欲，同那清心祷告主的人追求公义、信德、仁爱、和平。**

➤ **Confess/Talk: Share your struggle with a trusted friend, family member, or mentor for support.**

## 1 John 1:9

➤ **9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**

➤ **倾诉/交谈：与值得信赖的朋友、家人或导师分享你的困境，寻求他们的支持。**

## 约翰一书 1:9

➤ **9 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义；**

- **Use scripture: Memorize and quote relevant scriptures to combat temptation.**

## **Psalm 119: 11**

- **11 I have hidden your word in my heart that I might not sin against you.**

- **运用圣经：背诵并引用相关的经文来抵制诱惑。**

## **诗篇 119:11**

- **11 我将你的话藏在心里，免得我得罪你。**

## ➤ Understand the Nature of Temptation:

- ❖ It's common: Everyone faces temptation, including biblical figures.
- ❖ **Luke 17:1**
- ❖ Jesus said to his disciples: “Things that cause people to stumble are bound to come, but woe to anyone through whom they come.

## ➤ 理解诱惑的本质:

- ❖ 诱惑很普遍: 每个人都会面临诱惑, 包括圣经中的人物。
- ❖ 路加福音 17:1
- ❖ 1 耶稣对门徒说: “绊倒人的事是难免的, 但那些使人跌倒的人有祸了。”

- **There's always a way out: God (or a higher power/support system) won't let you be tempted beyond what you can bear and provides an escape route.**
- **1 Corinthians 10:13.**
- **13 No temptation 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.**

- **总有一条出路：上帝（或更高的力量/支持系统）不会让你承受超过你能承受的诱惑，并且会为你提供一条出路。**
- **哥林多前书 10:13**
- **13 你们所遭遇的试探，无非是人所能承受的。上帝是信实的，他必不叫你们受试探过于所能承受的；在受试探的时候，他总要给你们开一条出路，叫你们能忍受得住。**

❖ **Yielding is the issue: The temptation itself isn't inherently evil, but giving in to it is.**

➤ **By combining self-awareness, strategic planning, and immediate supportive actions, you can build resilience against persistent temptations.**

➤ **Matt. 26:41**

➤ **41 “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”**

❖ **关键在于是否屈服：诱惑本身并非邪恶，但屈服于诱惑却是错误的。**

➤ **通过结合自我意识、战略规划 and 及时的支持性行动，你可以增强抵御持续诱惑的能力。**

➤ **马太福音 26:41**

➤ **41 “你们要警醒祷告，免得陷入诱惑。心灵固然愿意，肉体却软弱了。”**

# Proverbs 21:21

➤ **21 Whoever pursues righteousness and love -finds life, prosperity and honor.**

# 箴言 21:21

➤ **21 追求公义仁慈的，就寻得生命、公义和尊荣。**

## Romans 12:2-3

- **2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**
- 3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.**

## 罗马书 12:2-3

- **2 不要效法这个世界，只要心意更新而变化，叫你们察验何为神的善良、纯全、可喜悦的旨意。**
- **3 我凭着所赐我的恩，对你们各人说：不要看自己过于所当看的，要照着神所分给各人信心的大小，看得合乎中道。**