

## Thought for the day – Tuesday 8<sup>th</sup> March 2022

by Revd John Ohen.

### Temptation

Lead us not into temptation - is our prayer.

We are all in the period of Lent and Lent is marked by fasting alms - giving and penance. Lent is also time to rediscover that we are loved and forgiving by God even though we are sinners. We should not be ashamed to admit that we are sinners and in great need of God's love and mercy. When we recognise this, which is a great grace, we will recognise that is why Jesus came for us and to share in our humanity. During lent we too are tempted and tested for different reasons. Some for food overwhelming temptation whilst others struggle with envy and jealousy. It is not wrong to be tempted, only when we yield to temptation. Please note that to resist temptation is a decision of the heart. During our temptation, we can think that God is far away, but God is right there in the middle of them, giving us strength to deal with our temptations.

The scripture made it quite clear that Jesus was tempted by Satan and so are we. The scriptures identified Satan as the serpent that tempted Adam and Eve as in (Gen. 3.) and so as the origin of sin and temptation, so be warned because the Satan wants to overthrow God's reign and lead his creation into darkness and death. We can be expected to be tested in so many ways and the seven deadly sins covers it very well, such as pride, greed, envy, wrath, lust, gluttony, and sloth.

This goes to show that we have a moral enemy - Satan and we should reject the Satan, and all his ways. Our prayer is that our Lord will give us the strength to be able to over come any temptation that may come our way.

Bible passage: Luke: 4. 1- 13.

Prayer: Lord thank you for giving me a peace that nothing can destroy. Deepen my faith in your victory over the powers of evil and darkness. You are my light and my help, and in you I trust. Amen.