

Print this email out. It is meant to be a guide for your time of prayer.

Pray Psalm 139:23,24:

- 23 Search me, O God, and know my heart;  
test me and know my anxious thoughts.
- 24 Point out anything in me that offends you,  
and lead me along the path of everlasting life.

Take time to listen. If God reveals anything, write it down.

Read Matthew 4:1-12

- 4** Jesus, full of the Holy Spirit, left the Jordan River. The Spirit led him into the desert. **2** There the devil tempted him for 40 days. Jesus ate nothing during that time. At the end of the 40 days, he was hungry.
- 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 must not live only on bread.' " ([Deuteronomy 8:3](#))
- 5** Then the devil led Jesus up to a high place. In an instant, he showed Jesus all the kingdoms of the world. **6** He said to Jesus, "I will give you all their authority and glory. It has been given to me, and I can give it to anyone I want to. **7** If you worship me, it will all be yours."
- 8** Jesus answered, "It is written, 'Worship the Lord your God. He is the only one you should serve.' " ([Deuteronomy 6:13](#))
- 9** Then the devil led Jesus to Jerusalem. He had Jesus stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. **10** It is written,
- " 'The Lord will command his angels to take good care of you.  
**11** They will lift you up in their hands.  
Then you won't trip over a stone.' " ([Psalm 91:11,12](#))
- 12** Jesus answered, "Scripture says, 'Do not test the Lord your God.' " ([Deuteronomy 6:16](#))
- 13** When the devil finished all this tempting, he left Jesus until a better time.

Satan twists the Scriptures as he tries to tempt Jesus. Jesus answers Satan's twisted temptation with Scripture.

In what areas are you weak to temptation? How does Satan try to distract you from what God is doing presently in your life? What lies of Satan have you been listening to? Ask God to reveal these areas to you. Write them down.

What are Scriptures that speak truth to those areas of weakness. Use [www.biblegateway.com](http://www.biblegateway.com) or the Bible app and use the search option to find verses that speak the truth of God to the temptations and lies that you struggle with personally. Write them down.

Use the Scriptures you have written down to guide your prayer time today.