

0 (0s):

Too much. I'm going to lose some weight this week. Right? You go down stairs. I eat a nice, healthy, small breakfast, but that I get into the office.

1 (9s):

Yes. Somebody brought donuts

0 (13s):

Is outright gone, man. I've had a doughnut, I've had two donuts. I've had six donuts

1 (20s):

That may

0 (20s):

Or may not have happened. Right. But that's what we do. Right. But, but we think, okay. Yes, I've given it that temptation. But, but what this fact is, is you're saying is it's far worse than that. It's not just, you might gain a few pounds or you might have a few regrets because you gave it to temptation. Or even that you might have an STD. What this is saying us is that when we give into temptation and sin, we are facing eternal destruction. Eternal

1 (44s):

Beth Satan has power over you. Things are far worse than we think. Now

0 (51s):

A lot of us think that the devil works like in a, in a horror movie way that he's like terrifies people and scares them.

1 (57s):

Right. But I think that the devil

0 (59s):

Can work like that, but he also works in more subtle

1 (1m 2s):

Ways. Does anybody see

0 (1m 4s):

The documentary about temple Grandin came out about a decade ago. It's on Netflix now, but temple Grandin is a professor of, at Colorado state university go

1 (1m 15s):

Rams. It'd be else. If

0 (1m 17s):

You are online. And you're a CSU alumni like me just type go Rams into the

1 (1m 21s):

Comment section. Okay.

0 (1m 24s):

Temple Grandin is a professor of animal sciences there at Colorado state university. And because she's autistic, she has been able to understand what animals are going through better

1 (1m 37s):

Than the rest of us. So

0 (1m 39s):

She started observing cattle and cows, and she noticed that they are very fearful creatures, that they are afraid of anything that's new, whatever's novel, whatever's new, whatever. They're not used to. They're terrified of it. And she said like, so, so what will happen is that when cows are for the first time sent to the slaughterhouse, they will see a yellow raincoat on someone and they will be freaked out and you'll have to use cattle prods, and there'll be terrified and use force just to

1 (2m 5s):

Get them in there. And she said,

0 (2m 7s):

But, but if on the other hand, you take those yellow raincoats and you put them on the Gates at the feedlot so that every single day, these cows see the yellow raincoats again and again and again, when by the time they get to the slaughterhouse, it's familiar, it's normal. They won't be terrified. They'll be calm. She even developed a whole system to put them through this, the shoot that she designed so that the cows would calmly and contented

1 (2m 31s):

Go to get their throat slit. I think that's how Satan works.

0 (2m 38s):

I think that he gets us so familiar with temptation that's the sin is all around us. It's normalized in our life. And we don't even realize that it's going to be that bad. We think it can't be that bad. Everybody's doing it. I'm

way better than that guy. Way better than what she's doing over there. And he puts these things around us. We see sin all around us. We even illegalize it, right? It's fine. You know, everybody's

1 (3m 0s):

Drinking that much. You know, everybody watches porn, right?

0 (3m 4s):

We see sex all over the place on TV and movies. It's fine.

1 (3m 8s):

And we don't even realize that we're slowly sending ourselves the destruction to the slaughter house giving into temptation is way worse than you think, because our enemy is the devil himself and he has the power of death over us. So that's why I

0 (3m 28s):

Say this passage is going to start out by. Things are way

1 (3m 31s):

Worse than you think. However, it gets way better than we could ever hope because we see

0 (3m 40s):

That, that we fail. We struggle. We don't overcome temptation. We are defeated by temptation defeated by the devil. We need a hero to go for us,

1 (3m 48s):

A hero like us, who can defeat

0 (3m 51s):

This temptation. And that's what we're going to see next. As we continue

1 (3m 54s):

Passage in verse 16,

0 (4m 1s):

16, we read for surely it is not angels. He helps again, Jesus, but Abraham's descendants verse 17. For this reason, he had to be made like them fully human in every way in order that he might become a merciful and faithful high priest in

1 (4m 18s):

Service to God, this talking

0 (4m 20s):

About Jesus, it's saying he didn't come to save angels. He didn't come to help the angels. He came to help us and we are Abraham's descendants. We are the spiritual descendants of our great father

1 (4m 31s):

Of the faith. And

0 (4m 32s):

For this reason, verse 17, Jesus had to be made like them.

1 (4m 38s):

He had to be made a human in it

0 (4m 40s):

Every way. It says a fully human in every way. I love that this message comes on the heels of Contin message last week. If you miss that, that's a great message continually. And one of our elders stepped in to give a message on the fact that Jesus is God, if you've ever had questions about that, you need to watch that message. It's so good. And it just happened to be that one before this, where we talk about how Jesus is also

1 (5m 3s):

Fully human. So Jesus

0 (5m 5s):

Is fully God and he's fully human. He's 100% God. And he's 100% human. He is not like Hercules' that's half God and half man. He is something completely

1 (5m 14s):

Different if you're like,

0 (5m 16s):

I don't think that makes sense, Matt. Yes, you're right. It doesn't make sense to our CUNY brains. And if you're thinking, I don't know how God could do that. Well, how did God create the entire universe? I don't know if he could do that. Being a God, man is pretty

1 (5m 30s):

Right.

0 (5m 32s):

That's what it's saying here. Jesus is 100% God, and he's 100% human. And this is so important. The scriptures tell us that he emptied himself of his godhood while he was here on the planet. Who's still God, but he chose not to use that power. He chose to be a human 100% like us, meaning he knows what it was like to face temptation. And

1 (5m 53s):

He got hungry. He got thirsty. He to deal with annoying

0 (5m 58s):

People. He had sexual desires. And yet throughout all of this, he never sinned. I mean, Jesus knew what it was like to have a stressful hard day at work. He knew what it was like. Cause he was a carpenter, right? He knew what it was like to have people reject him and treat him poorly. He knew it was like when one of his close friends Lazarus died and he wept Jesus experienced grief. He experienced all the things that we do. 100% human, fully human in every way. He even experienced temptations. Just like we are tempted by things. Jesus was tempted and except he had it worse than we ever would because he went into the desert.

0 (6m 38s):

Didn't eat for 40 days. Didn't drink for 40 days and then face the devil himself. Okay. After like three hours, I'm angry. I can't imagine 40 days. And I would do anything. The devil told me no, you know, after right. If we had to face that. But Jesus faced that. And when the devil offered him, everything offered him. Power offered him. Food, offered him the whole world. Jesus said, no. He said no to Satan. When he even tried to twist scripture, that's what he did with Eve at the beginning. Did God really say that? Is it really in the Bible that that's a sin. Jesus quoted scripture right back. And he's like, no, no, no.

0 (7m 18s):

I'm going to be faithful. And he said, no. He said, no. He said, no. He overcame the devil. He defeated Satan. When we fail right now, that's the hero we need. Even at the worst moment on the night before he, he knew he was going to be betrayed, that he would have to suffer physical affliction, emotional affliction. He knew all of this was coming. And he said to his friend, stay up and pray with me. I need your help. I need some accountability partners. And it fell asleep. He, he even said to them, my soul is overwhelmed to the point of death. He was overwhelmed and he cried out to God. It's sometimes called the last temptation of Christ because he called out to God.

0 (8m 0s):

If it's possible, take this cup from me. I don't want to have to do this. But with that last temptation to give up to not fight that battle, he did it. He faithfully endured the cross.

1 (8m 19s):

And when Jesus did that,

0 (8m 21s):

When he overcame temptation for it, he did it as one who understood what we go through. See when Jesus became a human being fully human in every way he can now empathize with us. He understands the temptations we're going through. Now. This is so good to hear. We need someone who can empathize with us because we reject anyone. Who's not like us. Do you remember back to the beginning of the pandemic? Do you, remember this is a long time ago. Wasn't it? Do you remember when Madonna from her bathtub in her cavernous fancy bathroom was like, yeah, you know, this is the great

1 (8m 56s):

Equalizer. We're all in this together. Right?

0 (8m 60s):

You see celebrities from their gigantic mansions in Malibu's from their pool saying, yeah, we're in the same boat. The single mom who's having to work through the pandemic. Two jobs with three kids trying to do a school online is thinking, you have no idea. This is not the same boat.

1 (9m 17s):

Right? You can't empathize with me. You don't get it. So we

0 (9m 23s):

Realized that when, when someone is so distant and other, they don't

1 (9m 25s):

Get it. That's why Jesus had to become like us.

0 (9m 30s):

On the other hand, Melissa and I have have grown in so much respect

1 (9m 34s):

For single moms. No, seriously. Cause I work on Sundays, right?

0 (9m 38s):

I'm up here. I have to get here early. I'm here to preach. I can't help. And Melissa now has our daughter McKinley plus infant twins. And she's trying to get all of them ready to come to church. I help her on some Sundays last week I wasn't preaching and I helped. And I was like, man, this is hard for two

1 (9m 52s):

People. Right? When I see now

0 (9m 55s):

A single mom or a mom who doesn't have a husband helping, coming to church. When I see a single mom bringing kids in I'm like

1 (10m 1s):

Respect, you are amazing. I don't know how you do it because I now have some empathy, right?

0 (10m 8s):

Go through those experiences. Or when we're on the same level as people, we have empathy,

1 (10m 12s):

That's what Jesus did for us,

0 (10m 15s):

For us to respect God and understand that, that he cares for us and can help us with temptations. God had to become like us emptying himself, lowering himself, becoming fully human in every way, going through even the worst temptations and emotional

1 (10m 29s):

Pain. So his suffering made him the person that we can connect with. So

0 (10m 34s):

Now Jesus is the perfect hero

1 (10m 37s):

To go in our place, to fight for us, our battle. And that's exactly what he did. And he did it on the cross. He did it on the cross, but let's look in the second half of verse 16,

0 (10m 54s):

It says he was fully human in every way that he might make atonement for the sins of the people because he himself suffered. When he was tempted, he is able to help those

1 (11m 4s):

Who are being tempted. See this word atonement. We don't aren't really too familiar with anymore, but in the area

0 (11m 15s):

World, there was temple systems in Judaism. There was a temple and you would have to go to the temple. When you had done something wrong, you would have to offer

1 (11m 24s):

Sacrifice in a tone mint to pay for your sins. So you'd kill an animal. You would slit their throats. That blood would be shed their body destroyed

0 (11m 35s):

In order to make yourself right with God atonement at one mint. That's one

1 (11m 40s):

Way to remember it. So

0 (11m 42s):

This a Toman is this is offered. The sacrifices offered to, to bring you into a right reconciliation with God. And in the ancient world in Jesus' day, there was a temple there in Jerusalem and at the temple, there were being offered every single day over and over and over again, it was just unceasing. Another sacrifice, another sacrifice because people were always sitting right. They would even have some special sacrifices that would be offered for people in case they sinned. And they didn't even realize it. There were special. Also the day of atonement was a special day of atonement, where they offered special sacrifices for everybody, including the priest, just in case they were sinful so that they could go into the presence of God and have reconciled relationship with God because of the ongoing nature of our sin sacrifices had to be offered every single day, atonement was over and over and over again.

0 (12m 29s):

And what they would do is that they would find the best spotless, perfect lamb, and I'd have to be a firstborn lamb that they would offer. So if the lamb was born and had, you know, a crippled leg or some spots or some issues with it, they couldn't sacrifice it. But if it was the perfect spotless lamb or the perfect spotless the animal, then they would bring it in for the

1 (12m 49s):

Nice. So in the same way, Jesus was the perfect spotless lamb. He had never sinned. He never did

0 (12m 58s):

Anything wrong. He was perfect. And he was the first born

1 (13m 1s):

Son of our father in heaven. But see, when Jesus went on the cross, when his blood was shed, when his

body was destroyed, it was the perfect sacrifice once for all or no longer,

0 (13m 17s):

There needed to be any more sacrifices because that one perfect sacrifice who is like us, not an animal of a different species, but now a human being just like us with sacrifice on the cross for us, all the sins of humanity were paid for

1 (13m 30s):

In full once and for all the perfect atonement. So when Jesus

0 (13m 37s):

Died on the cross, his atonement

1 (13m 41s):

Provided forgiveness for all who have sinned for all who have given into temptation Jesus conquered over sin and death and the devil,

0 (13m 52s):

The Jesus on the third day, Rose from the dead showing that he has power. Even over death,

1 (13m 56s):

Satan has been defeated.

0 (13m 59s):

He has been conquered and there is

1 (14m 2s):

Through Jesus Christ.

0 (14m 4s):

So the only way get this, the only way that you can defeat him

1 (14m 8s):

<inaudible> is by knowing that Jesus already won.

0 (14m 15s):

The only way to defeat temptation is to know Jesus already one, we've got to know this, we've got to believe it. We've got to understand it and grasp it and, and have it in our hearts. The only way to defeat him patient is to know that Jesus already won. He already conquered over sin and death and the devil once for all time,

we don't need more sacrifices. We don't need to keep feeling guilty because Jesus has conquered over all temptation and sin. He is the hero who won when we fail.

1 (14m 43s):

I know I've referenced the Lord of the rings a lot in this series, but, but the ending,

0 (14m 47s):

The Lord of the rings is so good. And I think a lot of people miss this when they read the books or they see the movies Frodo, who's this great hero, the Hobbit who carries the ring. And yes, he is tempted by the ring the whole time, right? Cause there's this power that's available. He's, he's tempted by it again and again and again,

1 (15m 5s):

But what's so fascinating about these stories is that Frodo actually fails. If you watch closely, he fails in his journey. In his quest, he gets to

0 (15m 18s):

Doom the only place where they can destroy this, this one ring and he goes up there. But instead of throwing the ring

1 (15m 25s):

Into Mount doom, he puts it on his finger. If you realize that he gives into temptation, he fails and then

0 (15m 35s):

Call him who was also tempted in the same way. Bites his finger off gets the ring is dancing around and falls into the fire.

1 (15m 42s):

And the ring is destroyed. Have you guys noticed this Frodo

0 (15m 46s):

At the peak, at the climax, the hero who's supposed to overcome temptation

1 (15m 49s):

Should fail. And I don't think that's by chance because

0 (15m 55s):

JRR Tolkien who wrote the stories was himself

1 (15m 59s):

And his great hero fails.

0 (16m 4s):

And it's only by the divine sovereign

1 (16m 7s):

Power that the quest wins. Isn't that fascinating?

0 (16m 13s):

I think in the same way, we've got to realize that we all sin, we've all fall short of the glory of God. We all deserve death and punishment

1 (16m 21s):

And Al and yet Jesus is the hero who in our place conquered

0 (16m 27s):

Death conquered over sin never gave into temptation in one,

1 (16m 29s):

No. The only way to defeat them patient is to know that Jesus already won. So this,

0 (16m 36s):

We need to look to him. I included a verse, one of chapter three in this, because I think this is kind of the culmination of the section. It says, therefore, Holy brothers and sisters, that word, Holy can also be translated as saints. You Holy men and women, you saints who share in the heavenly calling fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. He is our apostle because he was the one sent before us. He is our high priest because he has offered a sacrifice of atonement

1 (17m 7s):

For us himself.

0 (17m 9s):

So that's why we are commanded to fix our thoughts on Jesus. See the more we think about and consider and realize and believe in what Jesus has done for us. Then we actually do have the power. We need to overcome temptation and sin. That this means a few different ways. This means that we can look at what Jesus taught us. And he taught us that if your eye causes you to sin, gouge it out. If your hand causes you to sin, cut it off. So sometimes in our temptations, we need to block ourselves from even going near the temptation, right?

1 (17m 39s):

If you're an alcoholic,

0 (17m 40s):

Don't go to the bar. Don't keep a handle of vodka in the cupboard. In case you have a friend that wants a drink, pour it down the drain. If you're tempted into you, get a filter

2 (17m 50s):

On your wifi, you get a software like covenant eyes to make sure you don't even have access to that thing. If it's that friend, who's texting you at one 30 at night in the morning, and you know, it's not going to be for anything good. They're not checking on you. Hey, you need to block that person. If it's that so-called friend, who's always leading you into sin. You need to not spend time with that person. Can we need to cut off ourselves from sin, Beth Moore, Beth Moore said, w we have the quote. Some things don't need to be cut back. They need to be cut off. Right? Sometimes we just need to cut ourselves because that's what Jesus taught us. We're fixing our eyes on Jesus. And if Jesus taught us to avoid it before we even get near the temptation, we got to do the same thing.

2 (18m 33s):

But it's also by looking at his example, if Jesus was in the desert with Satan three times and he said, no, he said no firmly. We need to do the same thing. So when temptation does come, cause it will, we need to have the power to say no and know that we can conquer because Jesus did. His example shows us we can defeat the devil and his power. We can say, no. It commands us in scripture to flee from sin fully from sexual immorality. That when we're in those moments and our mind is cloudy. We're not thinking straight run out of there, say no, but even greater as we fix our eyes on Jesus, we realize that when we do give into temptation and sin, he is there to forgive us.

2 (19m 19s):

See, there's this thing called the guilt cycle. I don't know if you've heard of it. Psychologists call it. This is that when you give into temptation and you do something wrong, you start feeling guilty and awful. So what do you do to feel better? Give into the temptation again. And it's this cycle that creates habits, bad habits, addictions. But see if Jesus died on the cross. Once for all, he shed his blood for the sins of all humanity. Once for all time, then the moment we have sinned, there is forgiveness available for us in the moment where we're just wrapped with guilt and shame. There's forgiveness for us, that there's grace. So instead of being driven into that guilt cycle, we need to be driven into the grace cycle again and again, because we know that we have a merciful and faithful high priest who understands what we're going through and loves us anyway.

2 (20m 9s):

See, in that moment of guilt, some of you are there right now in that moment that you feel awful about yourself. God loves you. He cares about you. He says, you are my child. I love you. You are forgiven except my grace and mercy. And if we do that, we can escape that cycle of guilt and sin. We can find grace in the arms of our father. So I hope that we will learn to fix our eyes on Jesus, because we will get given to temptation. We will sin, but we can learn to defeat temptation at the source to cut it off. We can learn to fight in the moment and run and say no.

2 (20m 51s):

And we can also find grace again and again. When we sin again and again, to get back up and keep fighting. I think, I think I have one more quote, Marie,

3 (21m 2s):

What

2 (21m 2s):

Coward would not fight when he is sure, a victory like that? None as your overcome, but he who will not. We know we've already won, so let's get up and fight some more. The only way to defeat temptation is to know that Jesus already won. Would you please stand right now? We are going to cry out to Jesus together. I know that we need to do this. We're going to cry out to Jesus as chase leads us in this song, Lord, I need you. I need you. I need you.

3 (22m 33s):

<inaudible>

2 (23m 52s):

It's really fascinating. I told you about Odysseus, who lashes himself to the mast and puts wax in his ears to avoid the temptation of the sirens. It's really interesting. There's also another ancient story of a quest. We noticed Jason and the Argonauts and they face the same temptation. They go near the Island, but instead of putting wax in their ears, they get this guy named Orpheus and he takes out his lyre and he plays a song louder and more beautiful. Well then the song of the sirens and therefore they can pass through that temptation. See, I think sometimes we just need a better song. We need something that we can fix our eyes on. And that is Jesus. We can think about him and realize that he is greater. His song is way greater than the temptation of the world.

2 (24m 33s):

So that's why we're crying out this song. Lord, I need you. And I know there are some people right now who feel guilt and shame right now. You struggled this week. This morning, you're listening to this right after you gave into temptation. And I'm telling you there's grace for you. There's mercy cry out to you. Jesus, whose victory is greater than your defeat. He conquered over your sin on the cross. So let's cry out to him. Let me

just pray for you right now, Lord God, I'm praying specifically per the person. Who's struggling with guilt and shame right now and their, their sin that they've given to temptation maybe too many times, Lord God, I pray that you'd give them courage again, faith. Again, to believe that they can change that in your power, you can help them overcome and defeat this temptation because Jesus already won.

2 (25m 17s):

May that victory be theirs today and every day from here on out. And if you're listening to my voice and you believe in your, your, your, you haven't put your faith in Jesus yet, if that's you and you need Jesus to fight for you, I want to give you an opportunity to repeat a prayer after me, to make Jesus, your Lord and savior, because then your sins are forgiven once for all. And that eternal death is gone forever and you will spend eternal life with Jesus with all God's people for eternity in heaven. So please repeat this prayer after me. And if you're already believers, say this prayer too, to give courage to the person, who's going to pray it for the first time. Dear God, thank you for loving me.

2 (25m 59s):

I'm a sinner. I need a savior. Forgive me, save me. I declare that Jesus is Lord. Fill me with your Holy spirit. Help me to follow you and serve you until I reach the goal. And now if you said that prayer for the first time, go to rise, denver.com/follow we'd love to hear about your new journey. Lord God, we cry out to you. All of us with one voice that we need you, Lord, I need you now in our sin, in our guilt.

2 (26m 41s):

Forgive us again. Give us your grace and help to fight again from a place of victory. And I pray this in Jesus name.

3 (26m 55s):

<inaudible> <inaudible> you guys spin today.

3 (27m 48s):

I hope you guys have a good week spread. The good news that we have to come back next week. We love you guys so much.