



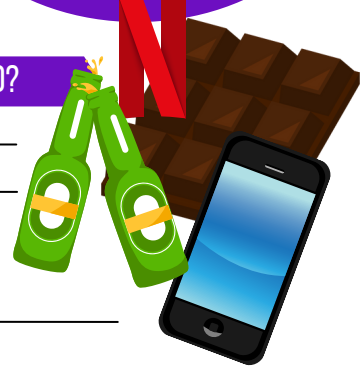
How to Face Temptation

CHECK OUT WHAT CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT JESUS BEING TEMPTED CCC 538-540



... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8

ARE YOU GOOD AT RESISTING TEMPTATION? WHAT TEMPTATIONS DO YOU FIND HARD TO SAY NO TO?



DO YOU THINK PEOPLE CAN LEARN TO RESIST TEMPTATIONS? EXPLAIN YOUR ANSWER



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "HOW TO FACE TEMPTATION" AND REFLECT ON THE QUESTIONS THAT FOLLOW



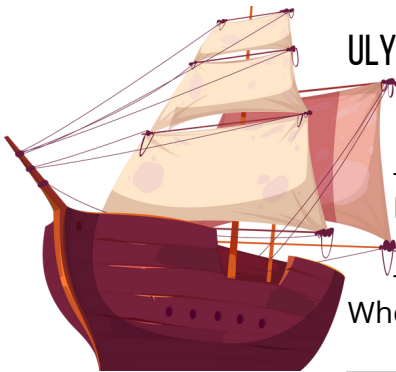
Fr Mike uses two stories from Greek mythology to explain three approaches to resisting temptation: Ulysses and his men, Jason and the Argonauts, and how they responded to the Sirens, mythical half bird / half-woman monsters who lured men to their deaths by their seemingly beautiful sounding music and illusory beauty.



In a similar way, evil can pass itself off as something good.

- Gossip can pass itself off as _____.
- Lust can pass itself off as _____.
- Greed can pass itself off as _____ or _____.

ULYSSES AND HIS MEN



How did Ulysses' men resist the temptation of the sirens' call / lure?

How did Ulysses himself try to resist their song?

Who could see the sirens for what they really were, i.e. shrieking monsters?

Why was the way Ulysses chose not a good way to resist temptation?

Why was the way his men chose to resist temptation more effective?

Ulysses saw the i _____ but his men saw the t_____.

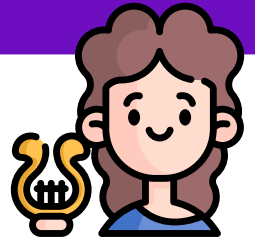
Give an example of how we could use the approach of walking away when it comes to (a) gossip (b) lust or (c) greed.



HOW TO FACE TEMPTATION [LUKE 4:1-13](#)

JASON AND THE ARGONAUTS

How did Jason and the Argonauts resist the sirens, with the help of Orpheus?



As Christians sometimes we are called to put r_____ on ourselves, sometimes we are called to get up and w____ away.

But we are all called to fill our lives with the t____, the g____ and the b_____.

READ [PHILIPPIANS 4:8](#)

List some practical ways to fill your mind and heart with things like this:

Now Read Luke 4:1-13



Before Jesus began His great public ministry, He spent forty days fasting and praying in the desert. We read this Gospel at the beginning of Lent to remind us to prepare our hearts for the great season of Easter at the end of forty(ish) days. Lent is a time to focus particularly on prayer, fasting and almsgiving; a time to purify our hearts and minds of

anything that is not drawing us closer to Christ, anything that is an obstacle on our path to heaven. Jesus Himself was tempted by the devil with power, with fame, and with satisfying His own material desires, to replace His worship of the Father and doing the Father's will with lesser things. God the Father's plan for Jesus was that He would have His hunger satisfied through doing God's Will, that He would be raised up from the earth and draw all to Him, that He would be recognised as King of kings, Lord of all, and that He would suffer His passion and death in order to bring salvation to the world. When we are tempted, we need to be able to keep the bigger picture in mind: what is God's plan for my happiness? What greater good am I fighting for? There is no temptation we cannot overcome through His grace and strength.

MISSION!

TAKE SOME TIME THIS WEEK TO REFLECT ON HOW YOU DEAL WITH TEMPTATIONS THAT COME YOUR WAY. LOOK ESPECIALLY AT WHAT YOU FILL YOUR HEAD AND HEART WITH EACH DAY: THROUGH THE CONVERSATIONS YOU HAVE, WHAT YOU LISTEN TO AND WATCH, WHERE YOU ALLOW YOUR THOUGHTS TO DRIFT. WHAT NEEDS TO CHANGE? MAKE A CONCRETE RESOLUTION, EVEN JUST TO COMBAT ONE THING!



PRAYER TIME!

Dear Jesus, Thank You for Your constant presence and love in my life. You know what temptations I will face today. You know the desires of my heart, my weaknesses and where I struggle. You also know that You made me for greatness and for everlasting happiness with You. Show me how to recognise temptations today, and to choose You, Your goodness, Your truth and Your beauty and not settle for anything less. Amen.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON CHOOSING THE GOOD

- [I need Thee every hour - traditional hymn](#)
- [Refiner's Fire - Brian Doerksen](#)
- [Today I Choose - Brian Doerksen](#)
- [Build my Life - Housefires](#)
- [Lord I Need You - Matt Maher](#)
- [Your Will be Done - Robinson/Thompson](#)
- [Your great name - Natalie Grant](#)
- [When all is said and done - Matt Redman](#)

Click the links for the YouTube videos to listen to some suggestions!



6:36 MINS



Fr Mike Schmitz: Avoiding Impurity

6:05 MINS



Fr Mike Schmitz: What is the sin of gluttony