Dear Open Door Family,

Have you ever been lonely, or tired and just wanted to quit? I have. Sometimes it is after a particularly long and stressful time in a meeting. Or even after a full week of many opportunities to minister. It is at those times that I sense Temptation the strongest. In those times when we are weak, there are some things we need to remember. Let's look at these verses together.

Luke 4:1-2 (ESV) And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness [2] for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. ...[13] When the devil had finished all this tempting, he left him until an opportune time.

It is interesting that Jesus, because He was FULL of the Holy Spirit, was led by the Spirit into the wilderness where he fasted for 40 days and went through temptation. The way this is written tells us that Jesus was tempted for the full 40 days. But then after He had endured the 40 days of fasting and temptation, Satan tempted him with the 3 temptations that are recorded. Jesus answered with Scripture in each case and Satan left. Here Luke tells us that Satan left but that he was looking for an *opportune time*. What does that mean? The implication is that all through Jesus' ministry He was tempted at any opportune time. It reminded me that we are also subject to temptation. Many times the opportune time for temptation with us is when we are struggling in some way. Someone has suggested that we are more susceptible to Temptation under these conditions: **H** - hungry

A - angry
L - lonely
T - tired

S - sick

Everyone reacts differently to each of these things. But any one of them may put us into a weak and vulnerable position. Those are times when we need to seek the Lord's strength even more, and to seek the prayer and intercession of others. Those are times when we may not feel like reading or thinking about God's Word but those are the times when it is even more critical to do so. Many times I have to force myself to start get out my Bible and to start to read. I don't expect anything because I'm down or tired but in almost every case I end up reading verses which strengthen and encourage me.

PRAYER: Lord, I know that temptation will come many times this week. Please help me to be trusting and counting on You. Please help me to be aware of those times when I am most vulnerable and to seek your Strength and help even more.

Pastor Mark Kieft
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