

King David and the young man I knew, when they got up that morning, were not expecting the temptation that would ruin their lives. Neither was Peter. He was brave enough to go to where Jesus was being tried, with no idea that a servant girl would point him out as a follower of Jesus, and he would “curse” to prove he was not (Matthew 26:69-75).

That is why he compares Satan to a hungry lion, looking for someone to eat and uses a military term telling us to be **“on guard”** (1 Peter 5:8). Our “guard” is our God who we ask to be with us, as we begin each day.

Jesus needed prayer to accomplish His mission. He prayed at His baptism; when the Spirit was leading Him to get alone with the Father, and no doubt, the whole time He fasted for forty days. He prayed all night when He selected the Twelve Apostles (Luke 6:12). He often rose up early to pray (Mark 1:35).

He prayed *before* the cross in Gethsemane. And while *on* the cross, He quoted Psalm 22, **“My God, why have You forsaken Me?”** (Matthew 27:46); and Psalm 31:5, **“Father, into your hands I commit my spirit.”** (Luke 23:46).

Paul tells us to **“pray continually”** (1 Thessalonians 5). This does not mean we verbally pray all the time. It means we pray in the morning and are aware of God’s presence during the day, and pray during the day as the need arises. Prayer is not part of our armor; it is what gets God *inside* the armor with us. David Jeremiah says trying to resist the devil without praying is like parachuting into an Islamic Terror camp, wrapped in the American flag, singing “God Bless America”.

### Fighting with God’s Sword

First Peter 5 tells us to **“resist”** the devil and James 4:7 says, **“Resist the devil and he will run from you.”** When urged to do wrong, we resist by drawing the sword of the Word of God, the Bible. We quote it to the devil and to ourselves.

Jesus answered every one of Satan’s temptations with a Bible verse He learned in the years at Nazareth.

There is a Bible verse or situation for every temptation we will ever face. For example, when tempted to express anger, quote Ecclesiastes 7:9, **“Anger lives in the heart of a fool.”** When tempted to commit adultery quote Proverbs 6:32, **“A man who commits adultery doesn’t have any sense. He is just destroying himself.”**

Preachers tend to be way too proud. When I am tempted to feel like I am better than someone, usually another preacher, I think of **“God hates a proud look”** (Proverbs 6:16). Then I think of a camel. Its head is always in the sky looking down his nose at us. It doesn’t seem to realize it is the ugliest, nastiest animal on planet earth. It is constantly chewing with its mouth open and slobbering and you can look deep into its nostrils. When I think I am better than anyone, I know that is how I look to God. And if that doesn’t humble you, nothing will.

### Eating God’s Food

To know God’s Word, we must spend time in the Bible. I recommend making a goal of reading a chapter a day in the New Testament. You can miss 90 days and still read it through every year. Here we not only sharpening our sword, we are eating God’s food that makes us strong and able to stand against evil. Jesus calls it the **“bread”** we live on. 1 Peter 2:2 says, **“Crave the pure spiritual milk (of the Bible) so you can grow.”**

We don’t have to do something wrong to ruin our life. We can just fail to grow. A marriage can fail because a husband or wife does *not know how* to be a good Christian husband or wife.

**Seven Days Without God  
Makes One WEAK!**