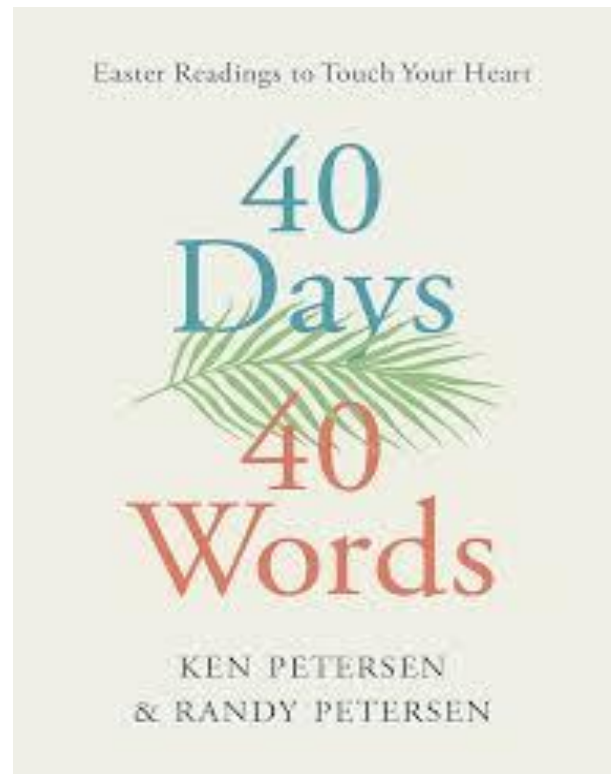




Rev. Melvin E. Wilson, Pastor/Teacher



Email: pastorwilson@stmatthewame.org

Cell: (914) 562-6331

Day 12 - Lesson 3

Wednesday, March 3, 2026

Online Bible Study

6:30 pm

Streaming at stmatthewame.org/streaming

YouTube - [@stmatthew336](https://www.youtube.com/@stmatthew336) Facebook Live - [@stmatthewamechurch](https://www.facebook.com/stmatthewamechurch)

Zoom Meeting ID 973 678 1217, Passcode 6781293

Call-In 929-205-6099, Meeting ID 973 678 1217

I. 40 Days. 40 Words.

- A. This weekly Bible Study is created around the word that comes up in the book for the day of Bible Study.
1. February 18 – Forty
 2. February 24 – Prayer
 3. Tonight, March 3 – Temptation
 4. Remaining Dates:
 - a. Tuesday, March 10 – Flesh
 - b. Tuesday, March 17 – Deny
 - c. Tuesday, March 24 – Passion (No Bible Study)
 - d. Tuesday, March 31 – Salvation
 - e. Tuesday, April 7 – Summary Book Discussion
- B. You should be reading every day except Sunday.

II. Something I Notice In This Book

- A. “Easter” vs. “The Resurrection of Jesus Christ”
- B. Acts 12:4, King James Version ONLY.

⁴ And when he had apprehended him, he put him in prison, and delivered him to four quaternions of soldiers to keep him; intending after Easter to bring him forth to the people.

- C. The Greek word translated there is the word “*pascha*” which means “Passover.”
- D. Understanding the word versus the event.

III. Let’s Talk About Temptation

- A. A **BIG** issue during Lent for obvious reasons.
1. Fasting/Abstinence
 2. A challenge to discipline
- B. The author provides translations of the word. Always important to go back to the original language if you can.
1. “*pierasmos, peirazo*” – temptation, trial, test
 2. The benefit of using an interlinear Bible
- C. Definition

TEMPTATION

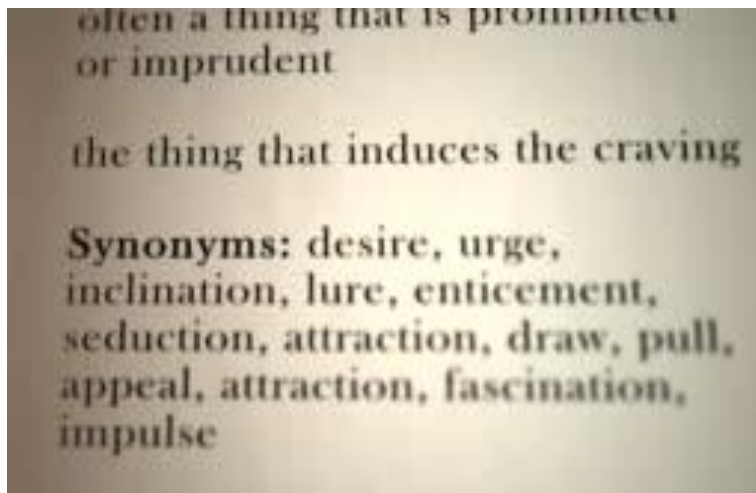
word
English
.COM

DEFINITION

AN ATTRACTIVE OR APPEALING ACTIVITY.

EXAMPLE

THERE IS ALWAYS THE TEMPTATION TO EAT THE ICE CREAM IN THE FREEZER.



D. Our first biblical encounter with the concept of temptation

Genesis 3:1-7 NIV

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"² The woman said to the serpent, "We may eat fruit from the trees in the garden,³ but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"⁴ "You will not certainly die," the serpent said to the woman.⁵ "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

C. Another look at Jesus' temptation

Matthew 4:1-11 NIV

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.² After fasting forty days and forty nights, he was hungry.³ The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."⁴ Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple.⁶ "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'"⁷ Jesus answered him, "It is also written: 'Do not put the

Lord your God to the test.”⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor.⁹ “All this I will give you,” he said, “if you will bow down and worship me.”¹⁰ Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”¹¹ Then the devil left him, and angels came and attended him.

Mark 1:12-13 NIV

¹² At once the Spirit sent him out into the wilderness,¹³ and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

Luke 4:1-13 NIV

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness,² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them 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 shall not live on bread alone.’”⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world.⁶ And he said to him, “I will give you all their authority and splendor; 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 and serve him only.’”⁹ The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here.¹⁰ For it is written: ‘He will command his angels concerning you to guard you carefully;¹¹ they will lift you up in their hands, so that you will not strike your foot against a stone.’”¹² Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”¹³ When the devil had finished all this tempting, he left him until an opportune time.

D. Other instances of temptation

1. [Matthew 6:13](#) - And lead us not into **temptation**, but deliver us from the evil one.’
2. [Matthew 26:41](#) - “Watch and pray so that you will not fall into **temptation**. The spirit is willing, but the flesh is weak.”
3. [Mark 14:38](#) - Watch and pray so that you will not fall into **temptation**. The spirit is willing, but the flesh is weak.”
4. [Luke 11:4](#) - Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into **temptation**.”

5. [Luke 22:40](#) - On reaching the place, he said to them, “Pray that you will not fall into **temptation**.”
6. [Luke 22:46](#) - “Why are you sleeping?” he asked them. “Get up and pray so that you will not fall into **temptation**.”
7. [1 Corinthians 7:5](#) - Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not **tempt** you because of your lack of self-control.
8. [1 Corinthians 10:13](#) - No **temptation** has overtaken you except what is common to mankind. And God is faithful; he will not let you be **tempted** beyond what you can bear. But when you are **tempted**, he will also provide a way out so that you can endure it.
9. [Galatians 6:1](#) - Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be **tempted**.
10. [1 Thessalonians 3:5](#) - For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the **tempter** had **tempted** you and that our labors might have been in vain.
11. [1 Timothy 6:9](#) - Those who want to get rich fall into **temptation** and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.
12. [Hebrews 2:18](#) - Because he himself suffered when he was **tempted**, he is able to help those who are being **tempted**.
13. [Hebrews 4:15](#) - For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been **tempted** in every way, just as we are—yet he did not sin.
14. [James 1:2](#) - Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,
15. [James 1:13](#) - When **tempted**, no one should say, “God is **tempting** me.” For God cannot be **tempted** by evil, nor does he **tempt** anyone;
16. [James 1:14](#) - but each person is **tempted** when they are dragged away by their own evil desire and enticed.

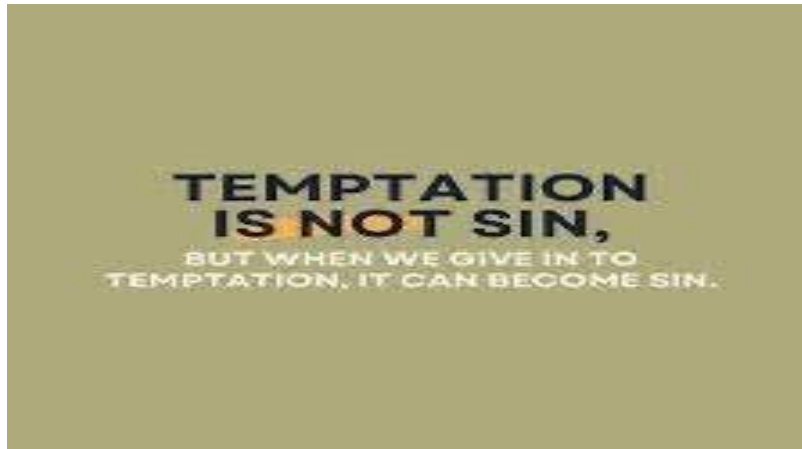
IV. Is There Any Truth To This?

- A. Satan is known as “**the tempter**.”

*The Devil Made
Me Do it
(But I also kinda wanted to)*

V. Lessons/Takeaways/Things To Think About

- A. Here's where I lose you: temptation, in and of itself, is not a bad thing.
- B.



- C. It is unrealistic to think or believe that you will not be tempted or tested.
- D. Most of us cannot deal with temptation by ourselves.

~~~~~

## 26 THINGS TO STOP DOING IN 2026 (According to the Stoics)

1. ✓ Stop complaining. – Week 1-2
2. ✓ Stop saying yes when you want to say no. – Week 3-4
3. ✓ Stop worrying about things outside of your control. – Week 5-6
4. ✓ Stop taking things personally. – Week 7-8

5. ✓ Stop avoiding discomfort. – Week 9-10
6. Stop hanging out with the wrong crowd. – Week 11-12
7. Stop believing every thought and emotion. – Week 13-14
8. Stop reacting to every emotion. – Week 15-16
9. Stop wasting the morning. – Week 17-18
10. Stop wanting more possessions. – Week 19-20
11. Stop giving away your time. – Week 21-22
12. Stop acting only for yourself. – Week 23-24
13. Stop suffering imagined troubles. – Week 25-26
14. Stop allowing distractions in. – Week 27-28
15. Stop talking more than you listen. – Week 29-30
16. Stop trying to control everything. – Week 31-32
17. Stop tying your wellbeing to results. – Week 33-34
18. Stop expecting more from others than from yourself. – Week 35-36
19. Stop choosing the easy option. – Week 37-38
20. Stop doing the inessential things. – Week 39-40
21. Stop comparing yourself to others. – Week 41-42
22. Stop trying to do everything on your own. Ask for help. – Week 43-44
23. Stop looking for “the third thing.” – Week 45-46
24. Stop seeking fame. – Week 47-48
25. Stop fearing death. – Week 49-50
26. Stop thinking you are going to live forever. – Week 51-52

# HBCU

HISTORICALLY BLACK COLLEGES & UNIVERSITIES

# EDUCATION SUNDAY

SUNDAY | MARCH 8TH, 2026 | 9AM

"Knowledge is the pathway from slavery to freedom." — Frederick Douglass, abolitionist and educator.

*Featuring*



## Wilberforce University Choir

Special Guest - Students from  
 Howard University Alternative Spring Break Program

Meet Authors  
 Dr. Lisa LaCon & Tracie Morrison

**COME REP YOUR FAVORITE SCHOOL**  
 HBCU or PWI, High, Middle & Elementary School

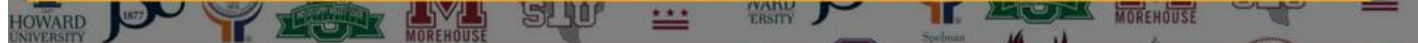
386 Oakwood Avenue Orange, NJ  
[www.stmatthewame.org](http://www.stmatthewame.org)



**LIVE** Streaming at [stmatthewame.org/streaming](http://stmatthewame.org/streaming)

**YouTube** - @stmatthew386

**Facebook Live** - @stmatthewamechurch



REV. MELVIN E. WILSON  
 PASTOR/TEACHER