

***Worship Alive Plus!***

**First Sunday in Lent**

**Series C**

***Worship Alive Plus!*** Is designed to be adaptable in planning

Contemporary, blended, and “fresh traditional” worship.

The Scripture readings are the assigned readings for the day taken from the

Revised Common Lectionary @ Augsburg Publishing House

The Liturgy and *Sermon Starters & Seasonings* are written by the writers of

Worship Alive Plus! @ WorshipOutlet

**Theme – “The Faithfulness of Jesus” (Luke 4:1-13)**

After Jesus had been anointed by the Spirit at His baptism, the Holy Spirit led Him into the desert for 40 days where He was tempted by the devil. Satan tempted Jesus to use His authority to satisfy His own desires instead of trusting in Father God- the supplier of all needs. Next, Satan showed Jesus the kingdoms of the world and offered to give Jesus all that He saw if only He would worship the devil. Jesus did not submit to the father of lies. Finally, Satan quoted Scripture but incorrectly, while Jesus’ answers were firmly grounded in the truth of the Word of God. Jesus remained faithful to God, showing us how to correctly defeat Satan’s attacks and temptations.

**✝ We Lift Our Hearts in Worship ✝**

[Preservice options include video countdowns, worship song videos, welcomes), CDs, or live music.]

**Welcome & Time of Greeting**

**Time of Praise and Worship**

**My Lighthouse**

Rend Collective, © 2013 Thankyou Music (Admin. by Capitol CMG Publishing)

**At the Cross (Love Ran Red)**

Chris Tomlin, Ed Cash, Jonas Myrin, Matt Armstrong, Matt Redman, © Countless Wonder Publishing (Admin. by Brentwood-Benson Music Publishing, Inc.) Fots Music (Admin. by Brentwood-Benson Music Publishing, Inc.) McKittrick Music (Admin. by Brentwood-Benson Music Publishing, Inc.) Universal Music - Brentwood Benson Songs (Admin. by Brentwood-Benson Music Publishing, Inc.) Universal Music - Brentwood Benson Tunes (Admin. by Brentwood-Benson Music Publishing, Inc.) S. D. G. Publishing (Admin. by Capitol CMG Publishing) Said And Done Music (Admin. by Capitol CMG Publishing) sixsteps Music (Admin. by Capitol CMG Publishing) Sixsteps Songs (Admin. by Capitol CMG Publishing) Thankyou Music (Admin. by Capitol CMG Publishing) Worship Together Music (Admin. by Capitol CMG Publishing) worshiptogether.com songs (Admin. by Capitol CMG Publishing) SHOUT! Music Publishing (Admin. by EMI Christian Music Publishing)

**The Power Of The Cross**

Keith Getty & Stuart Townend, ©2005 Thankyou Music (Admin. by EMI Christian Music Publishing)

**[Traditional Options]**

**The God of Abraham Praise**

BH 75 25; BH 91 34; CH 23; CHH 24; EH 401; ELW 831; HWC 34; HFG 332; HLC 36; LBW 544; LSB 798; LW 450; NCH 24; PH 488; RS 685; STTL 73; WC 66; UMH 116; WAR 16; WHM 26

**O Lord, Throughout These Forty Days**

CHH 180; EH 142; ELW 319; LBW 99; LSB 418; LW 92; NCH 211; PH 81; RS 553; WC 200; UMH 269; WAR 252

**Tell Me the Story of Jesus**

BH91 122; BH08 220; CH 295; HWC 172; WC 199

**Invocation**

*Pastor / Worship Leader*

*What do we say of the Lord our God?*

**Worshipers**

**He is almighty- the Most High God.**

*Pastor/ Worship Leader*

*What do we say of the Faithful Father?*

**Worshipers**

**He is our refuge and our fortress- the God in whom we trust.**

*Pastor/ Worship Leader*

*What do we say of the Just Judge?*

**Worshipers**

**He is the Rescuer of our sins and worthy of all praise!**

**Opening Prayer / Theme Introduction**

*Pastor / Worship Leader*

*God, You are the ever faithful, promise-keeping Lord. You kept Your promises to the Israelites, and we look to Christ- the fulfillment of your promise on earth. We lean into the Holy Spirit, Your promised seal of salvation to guide us, to comfort us, and to strengthen us today. We thank You for Your Word. As we open it today, may You open our eyes to see Your truth, our hears to hear Your Word, and our hearts to receive it. In Jesus’ name we pray,*

**Worshipers**

**Amen.**

**Time of Confession and Forgiveness**

*[Alternate location: following Message]*

*Pastor / Worship Leader*

*Temptation is like an ugly pest that annoys, eats at, and haunts us sometimes giving birth to sin that leads to destruction. But we are not alone in our temptations, no.*

**Worshipers**

**We are not alone.**

*Pastor / Worship Leader*

*For Jesus endured temptation from Satan while fasting in the desert for 40 days. He remained sinless and used the Scriptures to defeat the enemy’s lies.*

**Worshipers**

**We follow the Lord’s example He set before us, but first we must confess our sins. For we are sinners, unlike Christ, needing His forgiveness and grace. We give into temptation, forgetting to ground our feet in the Word. Forgive us, Lord, and give us Your strength.**

*Pastor / Worship Leader*

*The Holy Spirit strengthens us and leads us on paths of righteousness. He gives us an out in the face of temptation, so sin is not our only option.*

**Worshipers**

**We take the Lord’s lead and thank Him for His forgiveness. We thank You, Jesus, for dying for us, for saving us, and for turning our lives around. We love You, Lord! Amen.**

**✝ We Hear God’s Word ✝**

[Read aloud both the introduction and Scripture]

**First Reading Deuteronomy 26:1-11**

*God’s Promised Land was a gift to Israel, and God commanded the Israelites to return an offering of firstfruits in response to this gift. The tithes offered by the Israelites would acknowledge the great and faithful, promise-keeping God.*

When you have entered the land the Lord your God is giving you as an inheritance and have taken possession of it and settled in it, **2**take some of the firstfruits of all that you produce from the soil of the land the Lord your God is giving you and put them in a basket. Then go to the place the Lord your God will choose as a dwelling for his Name **3**and say to the priest in office at the time, “I declare today to the Lord your God that I have come to the land the Lord swore to our ancestors to give us.” **4**The priest shall take the basket from your hands and set it down in front of the altar of the Lord your God. **5**Then you shall declare before the Lord your God: “My father was a wandering Aramean, and he went down into Egypt with a few people and lived there and became a great nation, powerful and numerous. **6**But the Egyptians mistreated us and made us suffer, subjecting us to harsh labor. **7**Then we cried out to the Lord, the God of our ancestors, and the Lord heard our voice and saw our misery, toil and oppression. **8**So the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great terror and with signs and wonders. **9**He brought us to this place and gave us this land, a land flowing with milk and honey; **10**and now I bring the firstfruits of the soil that you, Lord, have given me.” Place the basket before the Lord your God and bow down before him. **11**Then you and the Levites and the foreigners residing among you shall rejoice in all the good things the Lord your God has given to you and your household.

**Second Reading Romans 10:8b-13**

*Paul emphasized that confession and faith in Jesus equals salvation for both Jews and Gentiles. But confessing with one’s mouth isn’t a magical formula for salvation; rather it’s an outward evidence of an inward faith.*

But what does it say? “The word is near you; it is in your mouth and in your heart,” that is, the message concerning faith that we proclaim: **9**If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. **10**For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. **11**As Scripture says, “Anyone who believes in him will never be put to shame.” **12**For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, **13**for, “Everyone who calls on the name of the Lord will be saved.”

**Gospel Luke 4:1-13**

*After Jesus had been anointed by the Spirit at His baptism, the Holy Spirit led Him into the desert for 40 days where He was tempted by the devil. Satan tempted Jesus to use His authority to satisfy His own desires instead of trusting in Father God- the supplier of all needs. Next, Satan showed Jesus the kingdoms of the world and offered to give Jesus all that He saw if only He would worship the devil. Jesus did not submit to the father of lies. Finally, Satan quoted Scripture but incorrectly, while Jesus’ answers were firmly grounded in the truth of the Word of God.*

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.

**Response Songs**

*[Alternate location: following Message]*

**Jesus Son of God**

Chris Tomlin, Jason Ingram, & Matt Maher, ©2012 Sixsteps Songs (Admin. by EMI Christian Music Publishing) Worship Together Music (Admin. by EMI Christian Music Publishing), A Thousand Generations Publishing (Admin. by EMI Christian Music Publishing), Valley Of Songs Music (Admin. by EMI Christian Music Publishing), Thankyou Music (Admin. by EMI Christian Music Publishing), Sony/ATV Timber Publishing (Admin. by Sony/ATV Sounds LLC), Open Hands Music (Admin. by Sony/ATV Sounds LLC)

**He will Hold me fast**

Ada Ruth Habershon | Matthew Merker, © 2013 Getty Music Publishing (Admin. by Music Services, Inc.)

Matthew Merker Music (Admin. by Music Services, Inc.)

**The Way**

Ben Smith | Daniel Bashta | Pat Barrett, © Heritage Worship Publishing (Admin. by Bethel Music Publishing) Capitol CMG Genesis (Admin. by Capitol CMG Publishing) Housefires Sounds (Admin. by Capitol CMG Publishing) Go Forth Sounds (Admin. by Heritage Worship Publishing) Bread & Wine Sounds (Admin. by Watershed Music Group)

**[Traditional Options]**

**O Love, How Deep**

EH 448/449; ELW 322; LBW 88; LSB 544; LW 275; NCH 209; PH 83; WC 193; UMH 267; WR 244

**Come Follow Me, The Savior Spoke**

ELW 799; LBW 455; LSB 688; LW 379

**The Law of God Is Good and Wise**

LSB 579; LW 329

**Message**

**“The Faithfulness of Jesus”**

*“Sermon Seasonings” provided at the end of this service*

**✝ We Respond to God’s Word ✝**

[Optional location for Confession/Absolution]

**Affirmation of Faith**

*Pastor / Worship Leader*

*We believe in God the Father, the Risen Son Jesus Christ, and the Holy Spirit.*

**Worshipers**

**The three are same in power, complete in unity, and are one.**

*Pastor / Worship Leader*

*Up above is God the father. He is perfect, just, and mighty to save. He is undefeated and is sovereign overall. He is one with Jesus the Son and the Holy Spirit.*

**Worshipers**

**Jesus Christ is the faithful Son. He is the Word made flesh, the one and only Son of God. He was birthed by the virgin Mary, anointed as the Son of God by the Holy Spirit, crucified and killed, buried and on the third day, resurrected to life. He is one with the Holy Spirit and Father God.**

*Pastor / Worship Leader*

*The Holy Spirit is our Counselor. He leads us away from temptation and to freedom in Christ. He guides and protects us, nourishing our souls with truth and love. He is one with the Most High God and Christ the Son.*

**Worshipers**

**God the Father, the Son, and the Spirit are same in power, complete in unity, and are three in one. Amen!**

*[Alternate Suggestions]*

**We Believe** Matthew Hooper, Richie Fike, & Travis Ryan, © Abundant Life Ministries UK (Admin. by EMI Christian Music Publishing (IMI)) Integrity Worship Music (Admin. by EMI Christian Music Publishing (IMI)) Integrity's Praise! Music (Admin. by EMI Christian Music Publishing (IMI)) Travis Ryan Music (Admin. by EMI Christian Music Publishing (IMI))

**This I Believe (The Creed)** *Ben Fielding & Matt Crocker, ©2014 Hillsong Music Publishing (Admin by Capitol CMG Publishing)*

***-OR-***

*Speak the historic* **Apostles’ Creed***or***Nicene Creed**

**Offerings**

*[Choose an unused song from elsewhere in the service, or program Special Music by worship team, choir, or soloist]*

**✝ We Pray ✝**

**Prayers**

*[Worshipers appreciate the sincerity of informal, heartfelt prayer, in a simple prayer language they can use in daily life. These starters are offered to help facilitate spontaneity.]*

**Prayer Topic Starters**

* Pray for God’s strength in the areas of personal temptations
* Ask the Holy Spirit to equip you for the journey that lies ahead
* Thank God for His incredible goodness and blessings
* Ask the Lord for healing for those who are ill
* Pray for your enemies and ask God to heal your heart

**The Lord’s Prayer**

*[Consider singing the Lord’s Prayer on occasion, a capella or with accompaniment]*

**Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.**

**For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.**

*[A Communion option is provided for churches celebrating the Lord’s Supper]*

**✝ We Celebrate the Lord’s Supper ✝**

*Here our Lord gives to us His own Body and Blood for the forgiveness of all our sins.*

**We Prepare**

*Pastor / Worship Leader*

*For 40 days, as Jesus fasted and prayed in the wilderness, he was tempted by God’s adversary- Satan. Satan knew that Jesus was fasting and tempted him to turn stones into bread. Jesus responded, “Man shall not live on bread alone, but on every word that comes from the mouth of God.” He held fast to the God’s truthful word, prioritizing obedience and devotion to the Father over his own desire for food.*

**Worshipers**

**The body needs food to live, but the soul needs the nourishment of the Spirit.**

*Pastor/ Worship Leader*

*When we find ourselves in the wildernesses of life, tempted, hungry, and thirsty, may we be nourished by the Word of God, encouraged by Jesus’ example set before us, and satisfied by the Holy Spirit.*

**Worshipers**

**For this bread, the body of our Lord, and the blessing of this cup, the Lord’s blood, provides all we need to live. By His blood and body, we are forgiven from our sins.**

*Pastor / Worship Leader*

*Satisfy our souls, Lord. Nourish us and strengthen us with Your life. Amen.*

**Words of Institution**

**Music During Communion**

## **Thank You Jesus For The Blood**

Bryan McCleery | Charity Gayle | David Gentiles | Elisha Albright Hoffman | John Hart Stockton | Ryan Kennedy | Steven Musso, © Come Up Kings Publishing (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing)) ComissionMusic (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing)) Gather House Music (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing)) McCleery MSC (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing)) Steven Musso Music (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing))

Watershed Worship Publishing (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing))

**Highly Exalted**

Paul Baloche & Robin Mark, ©2007 Integrity's Hosanna! Music | Leadworship Songs (Admin. by EMI Christian Music Publishing) | (Admin. by EMI Christian Music Publishing)

**Lead Me To The Cross**

Brooke Fraser, ©2006 Hillsong Publishing (Admin. in U.S. & Canada by Integrity's Hosanna! Music)

**[Traditional Options]**

**O Love, How Deep**

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**Come Follow Me, The Savior Spoke**

ELW 799; LBW 455; LSB 688; LW 379

**The Law of God Is Good and Wise**

LSB 579; LW 329

**Dismissal Blessing**

*Pastor / Worship Leader*

*May the Holy Spirit grant us a way out of temptation and sustain us with the Word of God.*

**Worshipers**

**May He bless us with strength to fight temptation and be faithful like Jesus.**

**✝ We Depart in Peace ✝**

**Benediction**

*Pastor / Worship Leader*

*May the peace of the Lord be in you, over you, and in your thoughts and actions.*

**Worshipers**

**According to the Lord’s will. Amen.**

**Closing Song**

**Promises**

Aaron Moses | Dante Bowe | Joe L. Barnes | Keila Alvarado | Lemuel Marin | Phillip Carrington Gaines, © 2020 Bethel Worship Publishing (Admin. by Bethel Music Publishing) Capitol CMG Paragon (Admin. by Capitol CMG Publishing) ForTheDreamers Publishing (Admin. by Capitol CMG Publishing) JDW Legacy Publishing (Admin. by Capitol CMG Publishing) Aaron Moses Chiriboga Music (Admin. by Essential Music Publishing LLC) Maverick City Publishing (Admin. by Heritage Worship Publishing) LK Collective (Admin. by Watershed Music Group (Admin. by Capitol CMG Publishing))

**God You Reign**

Lincoln Brewster, ©2008 Integrity's Praise! Music Hillsong Publishing (Admin. in U.S. & Canada by Integrity's Hosanna! Music)

**Great Are You Lord**

David Leonard, Jason Ingram, Leslie Jordan, © 2012 Integrity's Alleluia! Music (Admin. by Capitol CMG Publishing (IMI)) Integrity's Praise! Music (Admin. by Capitol CMG Publishing (IMI)) Open Hands Music (Admin. by Essential Music Publishing LLC) So Essential Tunes (Admin. by Essential Music Publishing LLC)

**[Traditional Options]**

**Promises**

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***SSS* – *S*ERMON *S*TARTERS & *S*EASONINGS**

*These ideas are intended to provide material and stimulus for your own creativity*

**“The Faithfulness of Jesus”**

***Luke 4:1-13***

*After Jesus had been anointed by the Spirit at His baptism, the Holy Spirit led Him into the desert for 40 days where He was tempted by the devil. Satan tempted Jesus to use His authority to satisfy His own desires instead of trusting in Father God- the supplier of all needs. Next, Satan showed Jesus the kingdoms of the world and offered to give Jesus all that He saw if only He would worship the devil. Jesus did not submit to the father of lies. Finally, Satan quoted Scripture but incorrectly, while Jesus’ answers were firmly grounded in the truth of the Word of God. Jesus remained faithful to God, showing us how to correctly defeat Satan’s attacks and temptations.*

**Theological Reflections and Practical Applications**

During Lent the church often focuses on repentance, resisting temptation, and the passion of Jesus.

Today’s text reminds us that our capacity to repent and to resist temptation comes from our relationship with God and the grace of his deliverance rather than from our own strength and initiative.

We live in a world of competing stories. In such a world, we must know the Christian story in order to resist the false stories that seek to take us captive. The reading in Luke 4:1-13 is the familiar story of Jesus’ temptation by the devil in the wilderness. This story is so well known that we sometimes conflate the different accounts in Matthew, Mark, and Luke into one story about Jesus’ temptation. But each account is unique from the others. Another study might compare the three different accounts and how those accounts fit the theological goals of the evangelists, but we will focus on Luke’s account of Jesus’ temptation. As we read Luke’s version carefully, we can see two competing stories: the story that Jesus taps into in order to resist the devil and successfully navigate the temptations laid before him and the narrative the devil presents.

**Setting:**This story takes place in two significant locations: the wilderness and Jerusalem. Historically, the *wilderness* was the place where God met the Jewish people at Sinai after rescuing them from Egypt. In the wilderness God shaped them into God’s covenant people cared for and led by God with cloud and fire. In Luke’s Gospel, Jesus is also led, this time by the Holy Spirit, in the wilderness, and he faces temptation by his adversary, the devil. The location of Jesus’ temptation in the wilderness reminds us of the narrative of God’s rescue of Israel. Geographically, the wilderness was an arid region in southern Israel between the fertile land near the Mediterranean Sea and the interior desert regions. It was not devoid of life such as one might imagine if thinking about the sands of the Sahara desert but was rather a place that only produced food for flocks when there were abundant rains.

*Jerusalem*, the city of David, is the center of Jewish power, identity, and worship. At the time of Jesus, the second temple had been renovated and expanded by Herod the Great and was the center of worship for the Jewish people. This place of power and worship is the setting for the final temptation.

**Characters:**We have already been introduced to Jesus in Luke’s gospel. He is the Son of God (Luke 3:38) who will bring salvation to both Jews and Gentiles (Luke 2:29-32), and who has been baptized in and is filled with the Holy Spirit (Luke 3:22; 4:1). Now, Jesus is led into the wilderness. This is our first introduction to the devil in Luke’s gospel. From the text, we see that he is bold, cunning, clever, and powerful. It is the devil who tempts, and the devil ends the temptation and departs from Jesus.

**Plot:**Most of the story takes place in the dialogue between Jesus and the devil. Jesus was hungry after fasting for 40 days. During those days of fasting he was being tempted by the devil (the verb in v. 2 “being tempted” is a present participle that indicates ongoing action). The account here is of the final three temptations that Jesus encounters at the end of those 40 days. In each temptation, the devil speaks first and Jesus replies. The story ends when the devil finishes the temptation and leaves Jesus, for the time being.

**Storylines:**Underlying the dialogue between the devil and Jesus are two competing storylines. The devil offers a storyline of self-indulgence (make yourself bread from stones), self-aggrandizement (all the nations of the world will belong to you if you worship me), and self-serving religious identity (if you are the son of God cast yourself from the top of the temple). Meanwhile, Jesus responds with quotations drawn from the Old Testament that show awareness of the true source of life and identity (he knows that life is more than food), his reliance on God (the one worthy of true worship and service), and his understanding of God’s character (not one to be tested). Jesus’ responses are rooted in an underlying narrative that he is dependent on God rather than self for life, glory, and identity.

**The Temptations:**The temptations that the devil presents are aimed at the heart of Jesus’ identity. Twice (vv. 3,9) the devil begins his temptation by calling into question Jesus’ identity as the Son of God with the words “*if* you are the Son of God” followed by a challenge to prove this identity with some miraculous display (stone into bread (v. 3); a dramatic angelic rescue from death (vv. 9-11)). In the first 3 chapters of Luke, Jesus’ identity was confirmed by Mary, Elizabeth, Simeon, Anna, John the Baptist, and the genealogy in Luke 3. Jesus did not have to do anything to prove his identity or to earn commendation as the Son of God. He is declared to be the one who will bring salvation to his people. This is who he is, Son of God, Savior, but the devil over and over tempts him to display his identity in self-serving ways that would undermine his identity as the Son who relies on the good gifts of the Father. It is worth remembering that in the families of the ancient world an adult son was often understood as the father’s representative and the father, and the son would work together to accomplish the family goals. The son’s identity, honor, and status is rooted in his family’s honor and status. Jesus does not need to gain these things by giving in to the devil’s temptations.

**Use of Scripture:**Both Jesus and the devil quote Scripture. In response to temptation, Jesus quotes from Deuteronomy, but it is not enough to know Scripture. The devil, who quotes from Psalm 91, also knows Scripture. Scripture must be read rightly in light of God’s nature and the life envisioned for God’s people. Such a life is rooted in God’s narrative of deliverance and a response of faithful obedience to God rather than in self-reliance, which is the devil’s story.

**Source:** Ruth Anne Reese, <https://www.workingpreacher.org/commentaries/revised-common-lectionary/first-sunday-in-lent-3/commentary-on-luke-41-13>

**Quotations**

“In every desert, God has an oasis of grace.” -AAAComputer4Christ

“Keep bubbling over with abundant joy, peace, and love. You may be the only well-watered oasis for someone going through a desert in their lives.” -Caroline Naoroji

“My story won’t hit the box office if it were made into a film, but it’s a simple testimony on how God is faithful to those who remain faithful to Him.” -Patrick Baldwin

“Opportunity may knock only once, but temptation leans on the doorbell.” -curiano.com

“Don’t just run from temptation, look it in the eye and defeat it.” -Baylor Barbee

**Illustrations**

Toad baked some cookies. "These cookies smell very good," said Toad. He ate one. "And they taste even better," he said.  Toad ran to Frog's house. "Frog, Frog," cried Toad, "taste these cookies that I have made."

Frog ate one of the cookies, "These are the best cookies I have ever eaten!" said Frog.

Frog and Toad ate many cookies, one after another. "You know, Toad," said Frog, with his mouth full, "I think we should stop eating. We will soon be sick."

"You are right," said Toad. "Let us eat one last cookie, and then we will stop." Frog and Toad ate one last cookie.  There were many cookies left in the bowl.

"Frog," said Toad, "let us eat one very last cookie, and then we will stop." Frog and Toad ate one very last cookie.

"We must stop eating!" cried Toad as he ate another.

"Yes," said Frog, reaching for a cookie, "we need willpower."

"What is willpower?" asked Toad.

"Willpower is trying hard not to do something you really want to do," said Frog.

"You mean like trying hard not to eat all these cookies?" asked Toad.

"Right," said Frog.

Frog put the cookies in a box. "There," he said. "Now we will not eat any more cookies."

"But we can open the box," said Toad.

"That is true," said Frog.

Frog tied some string around the box. "There," he said. "Now we will not eat any more cookies."

"But we can cut the string and open the box." said Toad.

"That is true," said Frog. Frog got a ladder. He put the box up on a high shelf.

"There," said Frog. "Now we will not eat any more cookies."

"But we can climb the ladder and take the box down from the shelf and cut the string and open the box," said Toad.

"That is true," said Frog.

Frog climbed the ladder and took the box down from the shelf. He cut the string and opened the box. Frog took the box outside. He shouted in a loud voice. "Hey, birds, here are cookies!" Birds came from everywhere. They picked up all the cookies in their beaks and flew away.

"Now we have no more cookies to eat," said Toad sadly.

"Not even one."

"Yes," said Frog, "but we have lots and lots of willpower."

"You may keep it all, Frog," said Toad. "I am going home now to bake a cake."

**Source:** Ray & Anne Ortlund, Renewal, Navpress, 1989,  p. 73-74.

While my wife and I were shopping at a mall kiosk, a shapely young woman in a short, form-fitting dress strolled by. My eyes followed her.

Without looking up from the item she was examining, my wife asked, "Was it worth the trouble you're in?"

Drew Anderson (Tucson, AZ), Reader's Digest.

**Video Resources**

**Christ Tempted**

[**https://www.youtube.com/watch?v=LkHeETl6yqY**](https://www.youtube.com/watch?v=LkHeETl6yqY)

**Temptation (Sermon Jam)**

[**https://www.youtube.com/watch?v=Y8mu7JArE4I**](https://www.youtube.com/watch?v=Y8mu7JArE4I)

**CITED RESOURCES FOR**

***WORSHIP ALIVE PLUS!***

Updated for 2022

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**Print Music**

[**www.fqworship.com**](http://www.fqworship.com)

[**www.iwillworship.com**](http://www.iwillworship.com)

[**www.LifewayWorship.com**](http://www.LifewayWorship.com)

[**www.MusicNotes.com**](http://www.MusicNotes.com)

[**www.PraiseCharts.com**](http://www.PraiseCharts.com)

[**www.SongSelect.com**](http://www.SongSelect.com)

[**www.SheetMusicPlus.com**](http://www.SheetMusicPlus.com)

[**www.WeAreWorship.com**](http://www.WeAreWorship.com)

[**www.WordMusic.com**](http://www.WordMusic.com)

[**www.WorshipTeam.com**](http://www.WorshipTeam.com)

[**www.WorshipTogether.com**](http://www.WorshipTogether.com)

**Audio & Video Downloads**

[**www.amazon.com/mp3**](http://www.amazon.com/mp3)

[**www.cbdtunes.christianbook.com**](http://www.cbdtunes.christianbook.com)

[**www.fqworship.com**](http://www.fqworship.com)

[**www.GodVine.com**](http://www.GodVine.com)

[**www.itunes.com**](http://www.itunes.com)

[**www.LeadWorship.com**](http://www.LeadWorship.com)

[**www.LifewayWorship.com**](http://www.LifewayWorship.com)

[**www.PraiseCharts.com**](http://www.PraiseCharts.com)

[**www.WorshipTeam.com**](http://www.WorshipTeam.com)

[**www.WorshipTogether.com**](http://www.WorshipTogether.com)

[**www.YouTube.com**](http://www.YouTube.com)

**HYMNAL CODES**

**BH75** Baptist Hymnal *(1975)*

**BH91** Baptist Hymnal *(1991)*

**CH** Celebration Hymnal *(Word)*

**CHH** Chalice Hymnal *(Chalice)*

**EH** Episcopal Hymnal *(1982)*

**ELW** Evangelical Lutheran Worship *(Augsburg)*

**HPW** Hymns for Praise and Worship *(Word)*

**HFG** Hymns for the Family of God *(Paragon)*

**HLC** Hymns for the Living Church *(Hope)*

**HGP** Hymns of Glorious Praise *(Gospel Pub House)*

**HSP** Hymns of the Spirit *(Pathway)*

**HS98** Hymnal Supplement 1998 *(Concordia)*

**HWC**Hymnal for Worship & Celebration *(Word)*

**LBW** Lutheran Book of Worship *(Augsburg)*

**LSB** Lutheran Service Book *(Concordia)*

**LW** Lutheran Worship *(Concordia)*

**NCH** New Century Hymnal *(Pilgrim Press)*

**PH** Presbyterian Hymnal *(1990)*

**RH** Rejoice Hymnal *(Tempo)*

**RS** Ritual Song *(G.I.A.)*

**STTL** Sing To The Lord *(Lillenas)*

**TFWS** The Faith We Sing *(Methodist supplement)*

**UMH** United Methodist Hymnal *(1989)*

**WC** The Worshipping Church *(Hope)*

**WOV** With One Voice *(Augsburg)*

**WAR** *Worship and Rejoice (Hope)*

**WHM** *Worship His Majesty (Gaither)*

**WIS** *Worship in Song (Lillenas)*