From the beginning of humankind, temptation has been an aspect of life. But what started as a singular temptation of fruit on a tree in the middle of the Garden of Eden has multiplied into a wide variety of temptations we face today. From the simple temptation of food we know isn’t healthy for us, to the temptations of lust, living beyond our means, drugs, greed, alcohol, using profanity, etc. – temptations abound!

1 Corinthians 10:13 in Eugene Peterson’s *The Message* reads, “No test or temptation that comes your way is beyond the course of what others have had to face.” The Apostle Paul reminds us that we’re not the first to face temptations. Even Jesus faced temptation. Just after his baptism we find Jesus tested by the devil in the wilderness (Luke 4:1-13). Jesus is able to overcome each temptation *[the Greek for tempted can also mean tested or trials] using God’s word* quoting passages in Deuteronomy, Isaiah, and the Psalms.

Jesus teaches us how to pray in the Sermon on the Mount in Matthew 6. Part of this model prayer includes the plea, “lead us not into temptation, but deliver us from evil,” (Matthew 6:13). We petition God to help us steer away from temptation. Yet we also rely on God in the midst of our trials. “God is our refuge and strength, a very present help in trouble.” (Psalm 46:1 NRSV).

The concluding portion of 1 Corinthians 10:13 (NIV) provides us reassurance that when we “are tempted, (God) will also provide a way out so that you can endure it.” In this way, we must believe what the Apostle Paul says earlier to the people of Corinth in 1 Corinthians 1:9, “God is faithful.” God will see us through whatever is tempting us. But keep in mind that there
is still a human aspect that we will still need to endure that temptation. Temptation is not just going to go away. That’s not God’s promise. God’s promise is that we will be provided a way out if we choose it and that way out will be something we can endure.