



WHAT IS YOUR "MORE OPPORTUNE" TIME?

Dr. Dave Currie

Key Questions to Ask Yourself:

- When are you at your weakest to face temptation?
- What would be the best time for the devil to tempt you?
- When are you most vulnerable?

CONTEXT: The Temptation of Jesus

- Led by the Spirit for a Time of Testing- Note: God is with you when facing temptation
- In the desert wilderness - fully alone.
- 40 days of testing - not a short time.
- Tempted by the Devil himself
- Ate nothing for this time - Starving - thus very weak.
- 3 temptations referred to here: Provision, Power & Protection
- Jesus answered the devil EVERY time with a verse of Scripture

TEXT: Luke 4:13 (the END of the temptation story from 5 translations)

1. When **the devil** had **finished all this tempting**, he **left him until** an **opportune time**. (NIV)
2. That **finished the devil's harassment for the time being**. So, **he stood off at a distance, retreating until the time came to return and tempt Jesus again**. (TPT)
3. And when **the devil** had **ended every temptation**, he **departed from him until** an **opportune time**. (ESV)
4. That **completed the testing**. **The Devil retreated temporarily, lying in wait for another opportunity** (MSG)
5. When **the devil** had **finished every temptation**, he **[temporarily] left** Him until **a more opportune time**. (AMP)

What are you learning so far?

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WHAT IS YOUR "MORE OPPORTUNE" TIME?

When is the best time for the devil to 'pull the trigger' on YOU? The key is to know and understand your "temptation triggers" - your most vulnerable moments - to be attacked by the enemy and succumb to your addiction.

Definition: *OPPORTUNE* - occurring at a favorable or useful time; well-timed for desired results.

Dangerous Dispositions - Knowing Your Emotional Triggers

- Feeling Attacked
- Feeling Rejected
- Feeling Angry
- Feeling Blamed
- Feeling Lonely
- Feeling Wounded
- Feeling Frustrated
- Feeling like a Failure
- Feeling Self-Pity
- And a Host of Other Unsettling Emotions

Deadly Distractions - Knowing Your Visual Triggers

- Tempting, attractive people at work, club or bar
- People who flirt with you
- Friends that push limits who talk trashy
- Friends who send porn images as part of a thread
- Sexual images anywhere
- Cruising to look, see or imagine opportunities
- Scoping in public places with crowds of people
- Surfing aimlessly online
- Restaurants with scantily dressed waitresses

Diminished Discernment - Know Your Situational triggers

- Late at night
- Specific time of day connected to a long season of acting out
- Being in your bathroom
- Certain streets or districts
- Influence by alcohol or drugs
- Going to a club, bar or adult entertainment establishment
- Digital privacy
- Actually hungry, sleepless or sick
- Bored, purposelessness
- Alone for an extended time
- Know your Vulnerable Environments

FUTURE: Know your Mental Triggers - Fantasy, daydreaming, idle mind, no focus.

FACE IT! If the Devil knows a more opportune time to tempt Jesus, you know he has the book on YOU! Be sure to know your Triggers better than he does!

James 1:12-15 - Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.