

Jesus Christ was tempted to sin. For example, He underwent three major temptations from Satan after supernaturally fasting for 40 days. (Matthew 4:1-11) However, He resisted not only those temptations, but others as well. (Hebrews 4:15)

How did Jesus resist temptation and not sin? By taking “the way of escape” that God provided - in His case, biblical refutations from Deuteronomy to all of Satan’s lies. Because He “suffered” during temptations, “He is able to aid those [us] who are tempted”. (Hebrews 2:18) Because temptations don’t come from God (James 1:13), He is more than willing to provide a “way of escape” so that, like Jesus, we can avoid falling into sin.

In today’s Scripture verse, God promises that He will provide a way of escape. Our task is to find the way, and take it. If you don’t immediately see the way God has provided, ask Him to reveal it. (James 1:2-5)

1 Corinthians 10:13 “No temptation has overtaken you except such as is common to Man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”