

Personal Study & Reflection Journal

Jesus > Adam
Luke 3:23–4:13

Big Idea: Jesus succeeded where Adam failed. He stood in your place and won the victory you could not.

Part 1: Setting the Scene

Read Luke 4:1–13 slowly.

Before moving on, write down:

- What stands out to you?
- What surprises you?
- What questions does this raise?

Luke traces Jesus' genealogy back to Adam. Adam represents the beginning of humanity.

Consider the contrast:

- Adam: Sinless (before Genesis 3) → Garden → Satan's deception → Fall
- Jesus: Sinless → Wilderness → Satan's deception → Victory

Reflect:

1. Why do you think it matters that Jesus faced temptation as a representative of humanity?
2. What does it mean that Jesus succeeded where Adam failed?
3. How does that change how you see this passage?

Write your thoughts:

Part 2: Understanding Temptation

The sermon highlighted patterns in how Satan works. As you reflect, be honest and specific.

1. When You Are in Need

Jesus was physically hungry and exhausted.

- When are you most spiritually vulnerable? (Tired? Stressed? Lonely? Overwhelmed?)
- What legitimate need in your life are you most tempted to meet in unhealthy ways?

Write your reflections:

2. When You Are Isolated

Temptation often grows in isolation.

- Where have you withdrawn from community?
- What happens to your thinking when you are alone too long?

Write honestly:

3. With What Is Most Appealing

Satan tempted Jesus with bread, power, and glory.

- What appeals most strongly to you right now? Comfort? Approval? Control? Success?
- What “good thing” in your life is in danger of becoming an ultimate thing?

Reflect:

4. With Distorted Truth

Satan quoted Scripture — but twisted it.

- What spiritual-sounding lie are you tempted to believe?
 - “God isn’t enough.”
 - “I deserve this.”
 - “This will satisfy me.”
 - “No one will know.”
 - “I can handle this.”

Write the specific lie:

Part 3: Jesus' Defense

Notice how Jesus responded.

1. Led by the Spirit

- What would it look like for you to be more consciously led by the Spirit this week?

2. Prayer and Fasting

Fasting was described as:

“Unplugging from what you think you need and plugging into God.”

- What do you instinctively run to when stressed?
- What might you need to unplug from in order to depend more fully on God?

Write your response:

3. Grounded in the Word

Jesus responded with Scripture — correctly understood and rightly applied.

- Do you primarily use Scripture for comfort, control, information, or surrender?
- What truth do you need to anchor yourself in this week?

Write it out in your own words:

Part 4: The Gospel Center

Read Romans 5:12–21.

Adam brought sin and death.

Jesus brought righteousness and life.

Jesus didn't just model resistance — He achieved victory.

Reflect deeply:

- Where are you trying to win battles Jesus already won?
- Where are you relying on willpower instead of faith?
- What would it look like to trust that Jesus stood in your place?

Write your response:

Final Reflection

Complete these sentences:

- The lie I most need to reject is:
- The truth I most need to believe is:
- This week, I will place my faith in Jesus by:

Closing Prayer (Write Your Own)

Use this structure if helpful:

1. Confess the lie.
2. Declare the truth.
3. Thank Jesus for standing in your place.
4. Ask for Spirit-led strength.

Write your prayer below:

Remember:

Adam failed in a garden of abundance.

Jesus stood firm in a wilderness of deprivation.

Your hope is not stronger willpower — it is a stronger Savior.

Jesus > Adam.