

# Go Deep!

## Session 4

“Fire-trying Gold”  
Deep Conversion, Part Three



# Matthew 4: 1 – 11

“... Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to Him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'" (*Dt. 8:3*)

Then the devil took Him to the holy city, and made Him stand on the parapet of the temple, and said to Him, "If you are the Son of God, throw yourself down. For it is written: 'He will command his angels concerning you and 'with their hands they will support you, lest you dash your foot against a stone.'"

Jesus answered him, "Again it is written, 'You shall not put the Lord, your God, to the test.'" (*Dt. 6:16*)



# Matthew 4: 1 – 11

Then the devil took Him up to a very high mountain, and showed Him all the kingdoms of the world in their magnificence, and he said to Him, "All these I shall give to you, if you will prostrate yourself and worship me."

At this, Jesus said to him, "Be gone, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" (*Dt. 6:13*)

Then the devil left Him and, behold, angels came and ministered to Him."



# “7 Steps to Breaking the Chains of (Mortal) Sin”

1. Be *determined* not to give in to temptation
2. Avoid Self-Reliance
3. *Encounter Jesus Christ*
4. Practice the opposite virtue
5. Don't give in to discouragement
6. “Penance, Penance, Penance!”
7. True Devotion to Our Lady



# St. John Vianney



“How fortunate we are, how lucky to have a God as a model ...are we being tempted by the demon? We have our loveable Redeemer; He also was tempted by the demon and was twice taken up by that hellish spirit: therefore no matter what the sufferings, pains or temptations we are experiencing, we always have, everywhere, our God leading the way for us and assuring us of victory as long as we genuinely desire it.”

# Hebrews 4:15-16

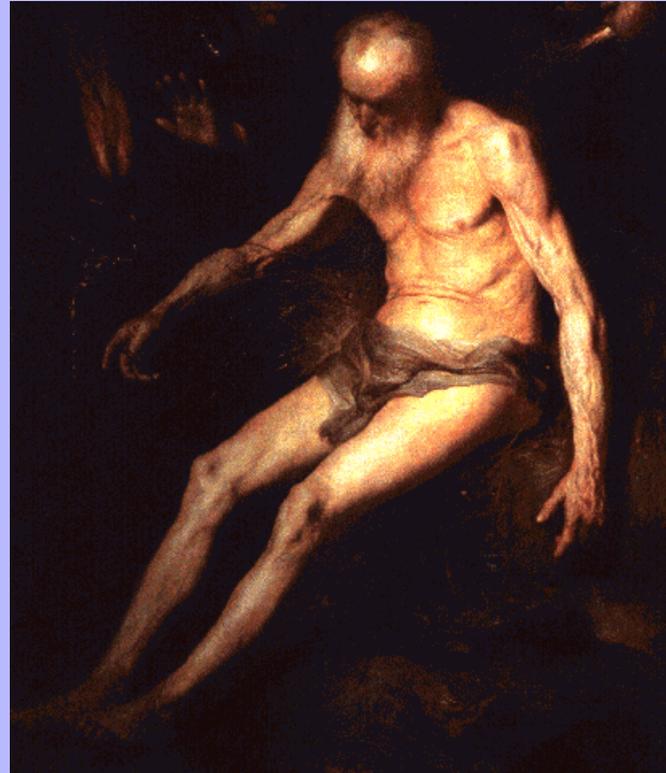
“...we *do not* have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet *without sin*. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.”



“The life of man upon earth is a warfare.”  
(*Job 7:1*)

“For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens.”

***Ephesians 6:12***



# Why does God permit temptation?

“I will bring [them] through fire, and I will refine them as silver is refined, and I will test them as gold is tested. They shall call upon my name, and *I will hear them*. I will say, *“They are my people,”* and they shall say, *“The Lord is my God.”*”

***Zechariah 13: 9***



# ***St. Francis of Assisi***

“Temptation overcome,” “is in a way a ring with which the Lord espouses the soul of his servant to himself. There are many who flatter themselves over their long-standing merits and are happy because they have had to undergo no temptations. But because fright itself would crush them even before the struggle, they should know that their weakness has been taken into consideration by the Lord. For difficult struggles are hardly ever put in the way of anyone, except where virtue has been perfected.”



# *St. Francis of Assisi*



“I tell you in all truth,  
no one must consider  
himself a servant of  
God until he has  
undergone  
temptations and  
tribulations.”

# *St. Francis de Sales*

“God *never permits* such grievous temptations and assaults to try any, save those souls whom He designs to lead on to His own living, highest love...I would warn you of this, my child, so that, should you ever be tried by *great* temptations, you may know that God is showing special *favor* to you, thereby proving that He means to *exalt you* in His Sight; but that at the same time you may ever be *humble* and full of *holy fear*, not *overconfident* in your power to resist lesser temptations because you have overcome those that were greater, unless by means of a most steadfast faithfulness to God.”



# *St. Alphonsus de Liguori*

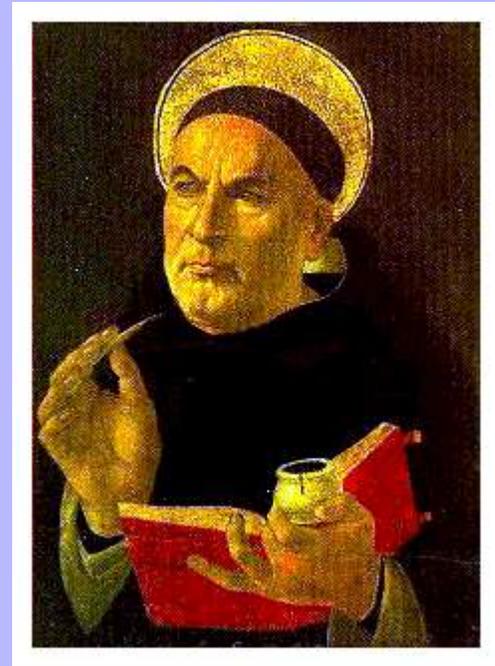
“God permits us to be tempted, that we may be more *detached* from the things of earth, and conceive a more ardent desire to behold Him in Heaven [...]; God also permits us to be tempted, in order to *increase our merits*. [...] When it is disturbed by temptation, and sees itself in danger of committing sin, the soul has recourse to the Lord and to his [most blessed] Mother; it renews its determination *to die* rather than offend God; it humbles itself and takes refuge in the arms of Divine Mercy. By this means, as is proved by experience, it acquires more strength and is united more closely to God.”



# How the devil works in tempting us

“Scripture would not have said that once all the temptations ended, the devil departed from Him, unless the matter of *all sins* were *included* in the three temptations already related. For the causes of temptation are the causes of desires – namely lust of the flesh, desire for glory, eagerness of power.”

***St. Thomas Aquinas***



# “Three Levels of Temptation”

## 1. *“The Proposal”* –



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1. ***“The Proposal”*** – Must distinguish between “*emotion*” or “*impulse*” and a “*conscious, willed decision.*”

*No will, no sin (and no virtue either)*



# ***St. Francis de Sales***

“If we should undergo the temptation to every sin whatsoever during our whole life, it would not damage us in the sight of God’s Majesty, provided we took no pleasure in it, and did not consent to it; because in temptation we do not act, we only suffer, and inasmuch as we take no delight in it, we can be liable to no blame.”

So let the enemies of our salvation spread as many snares and wiles in our way as they will, let them besiege the door of our heart perpetually, let them ply us with endless proposals to sin, so long as we abide in our firm resolution to take no pleasure therein, we cannot offend God...”



# Thomas a Kempis

## “Imitation of Christ”

“Above all, we must be especially alert against the beginnings of temptation, for the enemy is more easily conquered if he is refused admittance to the mind and is met beyond the threshold when he knocks.

Someone has said very aptly: "Resist the beginnings; remedies come too late, when by long delay the evil has gained strength." First, a mere thought comes to mind, then strong imagination, followed by pleasure, evil delight, and consent. Thus, because he is not resisted in the beginning, Satan gains full entry. And the longer a man delays in resisting, so much the weaker does he become each day, while the strength of the enemy grows against him."



# “Three Levels of Temptation”

2. ***“Our Initial Reaction”*** – *“Delight”* or *“Revulsion.”*



# “Three Levels of Temptation”

2. ***“Our Initial Reaction”*** – *“Delight”* or *“Revulsion.”*

3. ***“Consent or Denial”*** –



How can we be  
victorious over temptation?



# How can we be victorious over temptation?

“This violence is not directed against others. It is a violence used to fight your *own weaknesses and miseries*, a fortitude which prevents you from camouflaging your own infidelities, a boldness to own up to the faith even when the environment is hostile.”

***St. Josemaria Escriva***



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“We have to fill ourselves with courage, for the grace of God *will not fail us*. God will be at our side and will send His angels to be our traveling companions, our prudent advisors along the way, our cooperators in all we take on.”



# *“Imitation of Christ”*

“Let us humble our souls under the hand of God in every trial and temptation for *He will save and exalt the humble in spirit.* In temptations and trials *the progress of a man is measured;* in them opportunity for merit and virtue is made more manifest.”

...temptations, though troublesome and severe, are often useful to a man, for in them he is humbled, purified, and instructed. The saints all passed through many temptations and trials to profit by them...”

***Thomas a Kempis***



# ***Next Session June 24!***

Ten simple and practical ways we can remedy or resist temptation *each and every day!*

