

## Defeating Vulnerability (HALT Study)

Satan attacks us in vulnerable moments. He did the same thing with Jesus. Luke 4:1-12

- Hungry- End of 40 days
- Angry- All of the devils lies and twisting scripture
- Lonely- Wilderness-
- Tired- 40 days of temptation without food

Luke 4:13- An opportune time or a vulnerable time is when Satan comes.

### 1. HUNGRY.

- a. Scripture tells us that Esau, Jacob's older brother, sold his birthright for a bowl of lentil stew. (Genesis 25:29-34) Why? Because he was "famished," and he let his stomach dictate his actions.
- b. The truth is that our appetites can lead us astray.
  - i. Do you ever find yourself short with anyone who is asking for something else while you are on your way to grab lunch?
  - ii. Do you ever feel growing frustration with the waitress when your meal takes an extra long time to be served?
  - iii. Yes, our hunger can lead us to the roots of our survivalist selfishness, often to the harm of others around us. We quickly forget about the preciousness of others. In doing so, our Christian walk can easily get derailed.
- c. As Christians, we're not to be hunger-driven, but Spirit-led. (Romans 8:14)
- d.

### 2. ANGRY.

- a. One of my favorite Scriptures says: "A wise man controls his temper. He knows that anger causes mistakes." (Proverbs 14:29 TLB) This verse is near and dear to my heart because I have had to learn its truth the hard way.
- b. Anger can be costly. It can cost us our money, our health, and our relationships. It is one of Satan's most effective means- Gen 4:5-6; 1 Samuel 18:8

- c. James wrote: "Everyone should be quick to listen, slow to speak, and slow to become angry, for man's anger does not bring about the righteous life that God desires." (James 1:19-20 NIV)
  - i. God's will for us is to be good listeners, to restrain ourselves from monopolizing a conversation, and to rein in our emotions when they threaten to control us.
  - ii. If you want to be a hard target for the enemy, then take the apostle Paul's advice: Ephesians 4:26-27 AMP)
  - iii. "Keep your head in all situations." (2 Timothy 4:5 NIV)

### **3. LONELY.**

- a. Many people, including Christians, make poor decisions out of loneliness.
- b. Ex. "I'm afraid of being alone."
- c. God's prophets often felt the pain of rejection and loneliness. Consider the prophet Jeremiah. The Lord told Jeremiah not to marry. He had few friends. God called him to speak out against the sinfulness of Judah and warn of impending judgment unless Judah repented- Jeremiah 15:15-17
- d. The Lord wants us to trust Him enough to endure seasons of loneliness, if necessary, to do His will. And He wants us to use times of loneliness to (Hebrews 13:5 AMP)

### **4. TIRED.**

- a. The Bible says, "God wants His loved ones to get their proper rest." (Psalm 127:2 TLB) The Lord knows that we are not at our best when we are exhausted.
- b. For one thing, our faith doesn't work very well. That's because fatigue can hamper our focus.
- c. Elijah sat down under a tree and wanted to die. He had no physical energy at the time (1 Kings 18:46). First, he had run nearly 20 miles to a place called Jezreel. Then he heard bad news in the city. So, he ran for more than another 80 miles. He was certainly very tired. It is no surprise to read that he felt depressed.
- d. Tiredness can also put us in a negative frame of mind. Try to pray with a negative mindset, and you will quickly discover how ineffective your prayers can be. 1 Kings 19:4
- e. Do you feel like doing anything but take care of yourself when you are tired? How do you treat others when you are tired? How about when they ask you to do something for them that is unexpected?

- f. Our fatigue is definitely an instigator for our sin. That sin comes from omission often, meaning, we simply choose NOT to do things for others when we are tired.
- g. Other sins of commission are driven by our fatigue, too. Our lack of clear thinking has us do what feels right instead of remember all we've learned as Christians. We are quickly irritable and impatient with those around us.
- h. It is helpful to be aware of our own fatigue and how it affects the way we treat others around us.
- i. Our decision-making abilities become impaired. When we put undue stress on our bodies and minds through extreme behaviors and attitudes, Satan can, and will, use our weakened state to lead us astray.

## Conclusion

The devil is constantly looking for vulnerable believers - don't you be one of them!