



# Only You

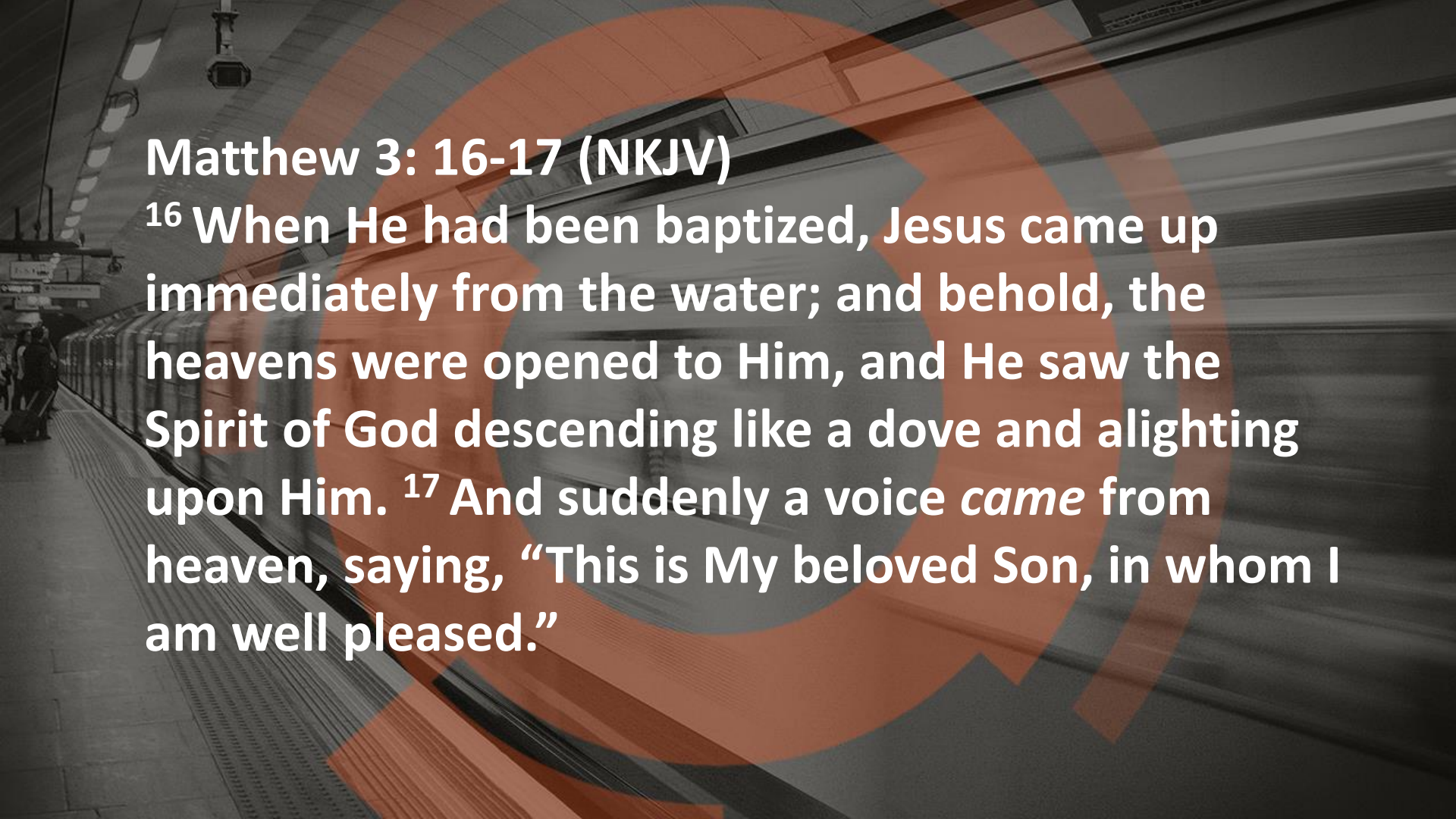
**Derk Jan van der Veen**

A blurred high-speed train is shown at a station platform. The train is moving from left to right, creating a sense of motion. The platform has a tactile paving strip along the edge. A large, semi-transparent orange circle is overlaid on the image, centered on the train. The background is dark and out of focus.

**How happy were you 2 years back and how happy are you now?**

**Rate yourself on a scale of 0 – 10**

**Share with your neighbour**



Matthew 3: 16-17 (NKJV)

<sup>16</sup> When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. <sup>17</sup> And suddenly a voice *came* from heaven, saying, “This is My beloved Son, in whom I am well pleased.”

## Matthew 4: 1-4 (NKJV)

<sup>1</sup> Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And when He had fasted forty days and forty nights, afterward He was hungry. <sup>3</sup> Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." <sup>4</sup> But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

## Deuteronomy 8:3 (NKJV)

<sup>3</sup> So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.

## Matthew 4:5-7 (NKJV)

<sup>5</sup> Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, <sup>6</sup> and said to Him, “If You are the Son of God, throw Yourself down. For it is written: ‘He shall give His angels charge over you,’ and, ‘In *their* hands they shall bear you up, Lest you dash your foot against a stone.’” <sup>7</sup> Jesus said to him, “It is written again, ‘You shall not tempt the LORD your God.’”



**Psalm 91:11 and 12 (NKJV)**

**<sup>11</sup> For He shall give His angels charge over you,  
To keep you in all your ways.**

**<sup>12</sup> In *their* hands they shall bear you up,  
Lest you dash your foot against a stone.**

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**Deuteronomy 6:16 (NKJV)**

**16 “You shall not tempt the LORD your God as you tempted *Him* in Massah.**



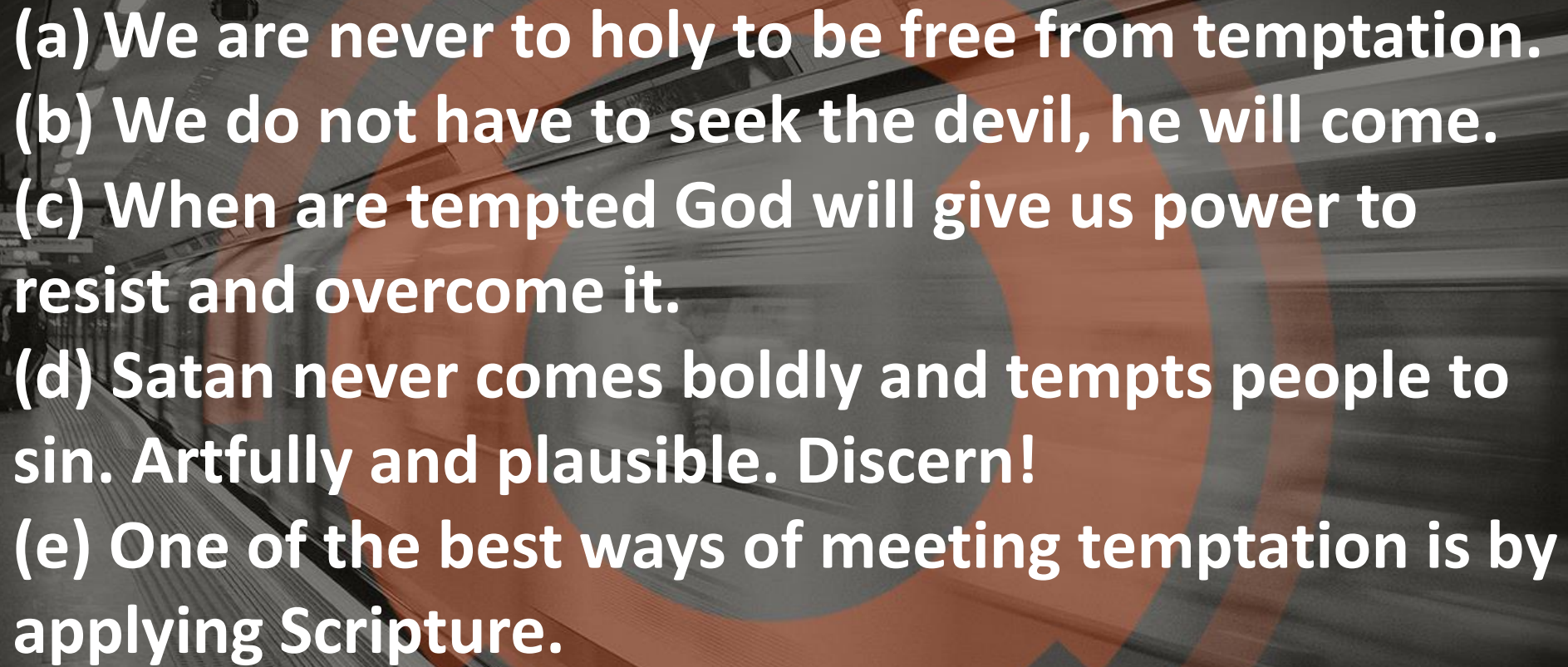


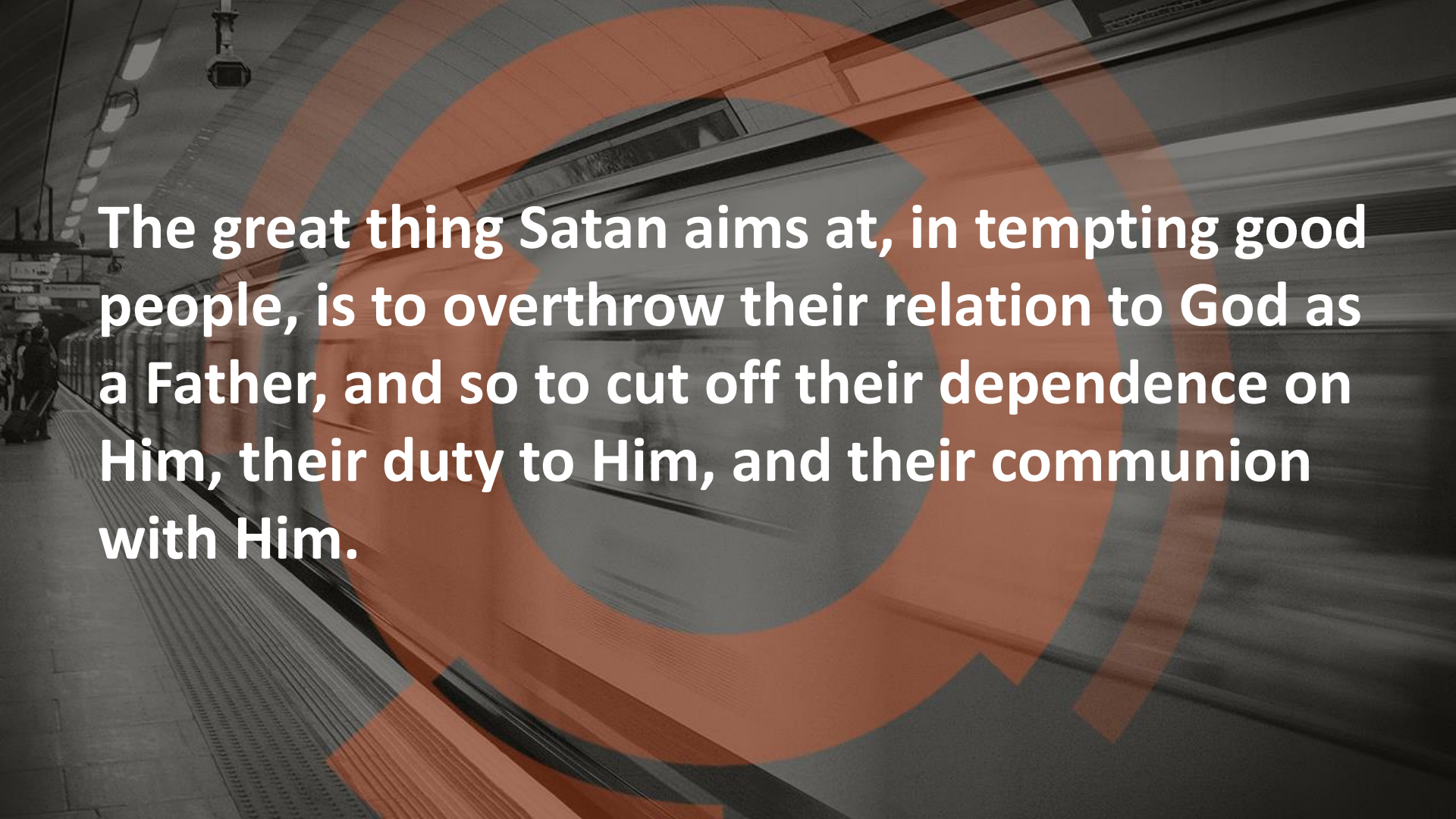
**Exodus 17:7 (NKJV)**

**<sup>7</sup> So he called the name of the place Massah and Meribah, because of the contention of the children of Israel, and because they tempted the LORD, saying, “Is the LORD among us or not?”**

## Matthew 4:8-11 (NKJV)

<sup>8</sup> Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. <sup>9</sup> And he said to Him, “All these things I will give You if You will fall down and worship me.” <sup>10</sup> Then Jesus said to him, “Away with you, Satan! For it is written, ‘You shall worship the LORD your God, and Him only you shall serve.’” <sup>11</sup> Then the devil left Him, and behold, angels came and ministered to Him.

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- (a) We are never so holy to be free from temptation.**
  - (b) We do not have to seek the devil, he will come.**
  - (c) When we are tempted God will give us power to resist and overcome it.**
  - (d) Satan never comes boldly and tempts people to sin. Artfully and plausible. Discern!**
  - (e) One of the best ways of meeting temptation is by applying Scripture.**

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**The great thing Satan aims at, in tempting good people, is to overthrow their relation to God as a Father, and so to cut off their dependence on Him, their duty to Him, and their communion with Him.**

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**Princess Diana once said,  
“Only do what your heart tells you.”**



**Matthew 15:19 (NKJV)**

**<sup>19</sup> For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.**

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**John 14:1 (NKJV)**

**“Let not your heart be troubled; you believe in God, believe also in Me.**

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## Ecclesiastes 2:1 (NLT)

I said to myself, “Come on, let’s try pleasure. Let’s look for the ‘good things’ in life.” But I found that this, too, was meaningless.



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**The assurance of our sonship is the  
best preparative for temptation.**