

# To Be with God



Matthew 4:1–2 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5

In the manual: **Come, Follow Me lesson 05, “The Spirit of the Lord Is upon Me,” on Gospel Library**

## START

Right after his baptism, Jesus went alone into the wilderness and fasted for forty days (Matthew 4:1–2).

## READ TOGETHER

Matthew says the Spirit led him there. The Joseph Smith Translation says he went into the wilderness to be with God (Matthew 4:1).

### MATTHEW 4:1–2

<sup>1</sup>Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. <sup>2</sup>And when he had fasted forty days and forty nights, he was afterward an hungred.

## WHAT IT TEACHES

Moses spent forty days with the Lord on the mount and “did neither eat bread, nor drink water” (Exodus 34:28). Elijah traveled forty days to the mount of God (1 Kings 19:8). Jesus prepared for his ministry the same way, by spending time with his Father.

Fasting makes room. When we go without food for a while, our hunger can remind us to pray, and our attention turns toward God.

Latter-day Saints fast on fast Sunday, usually the first Sunday of the month, and give what they would have spent on those meals to help the poor. Isaiah called that kind of fast a way “to deal thy bread to the hungry” (Isaiah 58:7).

Jesus came out of the wilderness ready for a hard test and a great work. Time with God prepares us for whatever comes next.

## TALK ABOUT IT

**Jesus spent time alone with his Father before his ministry began. What helps you feel close to Heavenly Father, and how could you make more room for it?**

## TAKE TO CHURCH

Jesus fasted forty days to be with God before his ministry. Fasting and prayer prepare us the same way, and our fast offerings feed the hungry.

# It Is Written

Matthew 4:3–4 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5



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## START

After forty days without food, Jesus was hungry. The devil came and said, “If thou be the Son of God, command that these stones be made bread” (Matthew 4:3).

## READ TOGETHER

Just before this, at his baptism, the Father had said from heaven, “This is my beloved Son” (Matthew 3:17). The devil’s first words tried to make Jesus doubt it.

### MATTHEW 4:3–4

<sup>3</sup> And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. <sup>4</sup> But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

## WHAT IT TEACHES

Jesus answered, “It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” (Matthew 4:4). He was quoting Moses (Deuteronomy 8:3).

Elder Jorge F. Zaballos pointed out a pattern in this account. *“He always answered Satan having scriptures in His mind, quoting them, and applying them at the right moment.”*

Elder Jorge F. Zaballos, “Building a Life Resistant to the Adversary,” General conference, October 2022

Paul wrote that Jesus “was in all points tempted like as we are, yet without sin” (Hebrews 4:15). Being tempted is no sin. Jesus knows how temptation feels, so he knows how to help us (Hebrews 2:18).

The scriptures we learn now are the ones we can remember when temptation comes. Jesus knew the words of Moses well long before he was hungry in the wilderness.

## TALK ABOUT IT

**Jesus answered each temptation with a scripture. What is one verse you could learn by heart to help you choose the right?**

## TAKE TO CHURCH

When the devil tempted Jesus, he answered with scripture, “It is written.” The verses we learn now can protect us when temptation comes.

# Get Thee Hence

Matthew 4:5–11 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5

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## START

The devil tried two more times, and once he even quoted scripture himself (Matthew 4:6).

## READ TOGETHER

The Joseph Smith Translation says the Spirit set Jesus on the pinnacle of the temple and took him to the high mountain. The devil came to him in both places (Matthew 4:5; 4:8).

### MATTHEW 4:5–11

<sup>5</sup>Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, <sup>6</sup>And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. <sup>7</sup>Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God. <sup>8</sup>Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; <sup>9</sup>And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. <sup>10</sup>Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. <sup>11</sup>Then the devil leaveth him, and, behold, angels came and ministered unto him.

## WHAT IT TEACHES

On the pinnacle, the devil said, “cast thyself down,” and quoted a psalm about angels catching him (Matthew 4:6; Psalm 91:11–12). Jesus answered,

“Thou shalt not tempt the Lord thy God” (Matthew 4:7). A show of power to prove who he was would have been pride.

On the mountain, the devil offered all the kingdoms of the world in exchange for worship (Matthew 4:8–9). Jesus said, “Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve” (Matthew 4:10).

The three temptations look like the ones people still face. The body wants what it wants, pride wants to be noticed, and greed wants power and things. Jesus refused each one with the word of God.

Then “the devil leaveth him, and, behold, angels came and ministered unto him” (Matthew 4:11; Mark 1:13). Luke adds that the devil left “for a season” (Luke 4:13). Help comes after we hold firm, and we keep holding firm.

## TALK ABOUT IT

**The devil offered Jesus things that looked good. What is something that looks good today but would pull us away from God, and how can we turn it down?**

## TAKE TO CHURCH

Jesus said, “Get thee hence, Satan,” and angels came and ministered to him. The same word of God that guided him can help us resist and find strength.

# This Day Fulfilled



Luke 4:16–21 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5

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## START

In his hometown synagogue, Jesus stood up, found a passage in Isaiah, and read it aloud (Luke 4:16–17).

## READ TOGETHER

Jesus had grown up in Nazareth and went to the synagogue on the Sabbath, “as his custom was” (Luke 4:16). The passage he chose was the prophecy we read in October (Isaiah 61:1–2).

### LUKE 4:18–21

<sup>18</sup> The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, <sup>19</sup> To preach the acceptable year of the Lord. <sup>20</sup> And he closed the book, and he gave it again to the minister, and sat down. And the eyes of all them that were in the synagogue were fastened on him. <sup>21</sup> And he began to say unto them, This day is this scripture fulfilled in your ears.

## WHAT IT TEACHES

“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor” (Luke 4:18). Messiah and Christ both mean anointed. Jesus was reading a description of himself.

The passage lists what the Anointed One would do. He would heal the brokenhearted, preach

deliverance to the captives, give sight to the blind, and set the bruised at liberty (Luke 4:18). He did these things during his ministry, and he still does them today.

Then he closed the book, sat down, and said, “This day is this scripture fulfilled in your ears” (Luke 4:20–21). Every eye in the synagogue was on him.

Jesus stopped reading in the middle of Isaiah’s verse. The next words speak of “the day of vengeance of our God” (Isaiah 61:2). That day belongs to his Second Coming (Doctrine and Covenants 133:51). His first coming was for healing and mercy.

## TALK ABOUT IT

**Jesus came to heal the brokenhearted and set captives free. Which part of his mission means the most to you, and why?**

## TAKE TO CHURCH

In Nazareth, Jesus read Isaiah’s prophecy of the Anointed One and said, “This day is this scripture fulfilled in your ears.” He came to heal the brokenhearted, and he still does.

# In His Own Country



Luke 4:22–32 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5

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## START

The people of Nazareth wondered at Jesus’s words. Then they asked, “Is not this Joseph’s son?” (Luke 4:22).

## READ TOGETHER

They had watched him grow up in their town as the carpenter’s son (Matthew 13:55). It was hard for them to accept that someone so familiar could teach with such power.

### LUKE 4:24

<sup>24</sup> And he said, Verily I say unto you, No prophet is accepted in his own country.

### LUKE 4:28–30

<sup>28</sup> And all they in the synagogue, when they heard these things, were filled with wrath, <sup>29</sup> And rose up, and thrust him out of the city, and led him unto the brow of the hill whereon their city was built, that they might cast him down headlong. <sup>30</sup> But he passing through the midst of them went his way,

## WHAT IT TEACHES

Jesus said, “No prophet is accepted in his own country” (Luke 4:24). He reminded them that Elijah was sent to a widow in Sarepta and Elisha healed Naaman the Syrian, both outsiders, while many in Israel went without (Luke 4:25–27).

The crowd was so angry that they took him to the edge of the hill their town was built on, to

throw him off (Luke 4:28–29). “But he passing through the midst of them went his way” (Luke 4:30).

In Capernaum, another town in Galilee, people “were astonished at his doctrine: for his word was with power” (Luke 4:31–32). The same Jesus was rejected in one town and welcomed in the next.

Familiar things can be easy to overlook. Prayer, the sacrament, and the scriptures can start to feel ordinary, and the Savior still speaks through each of them.

## TALK ABOUT IT

**The people of Nazareth knew Jesus too well to see who he was. What familiar blessing in our lives might we be overlooking?**

## TAKE TO CHURCH

Nazareth knew Jesus only as Joseph’s son, and they rejected him. Things we see every week, like the sacrament, can still bring us to the Savior if we look closely.

# Into the Deep



Luke 5:1–10 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5

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## START

Simon Peter and his partners had fished all night and caught nothing. Then Jesus told them to go back out and try again (Luke 5:4–5).

## READ TOGETHER

Crowds pressed around Jesus beside the Sea of Galilee, which Luke calls the lake of Gennesaret. He got into Simon’s boat and taught the people from it (Luke 5:1–3).

### LUKE 5:4–8

<sup>4</sup>Now when he had left speaking, he said unto Simon, Launch out into the deep, and let down your nets for a draught. <sup>5</sup>And Simon answering said unto him, Master, we have toiled all the night, and have taken nothing: nevertheless at thy word I will let down the net. <sup>6</sup>And when they had this done, they inclosed a great multitude of fishes: and their net brake. <sup>7</sup>And they beckoned unto their partners, which were in the other ship, that they should come and help them. And they came, and filled both the ships, so that they began to sink. <sup>8</sup>When Simon Peter saw it, he fell down at Jesus’ knees, saying, Depart from me; for I am a sinful man, O Lord.

## WHAT IT TEACHES

Simon was the experienced fisherman, and Jesus had grown up in a carpenter’s home. Simon said, “Master, we have toiled all the night, and have taken nothing: nevertheless at thy word I will let down the net” (Luke 5:5).

The catch was so large that the net broke and two boats began to sink (Luke 5:6–7). The Lord’s direction can look strange at first, and it leads to more than we could manage alone.

Simon fell at Jesus’s knees and said, “Depart from me; for I am a sinful man, O Lord” (Luke 5:8). Jesus answered with comfort and a calling. “Fear not; from henceforth thou shalt catch men” (Luke 5:10).

President Ezra Taft Benson described what happens when we trust the Lord this way. *“Men and women who turn their lives over to God will discover that He can make a lot more out of their lives than they can.”*

President Ezra Taft Benson, “The Great Commandment: Love the Lord,” Teachings of Presidents of the Church: Ezra Taft Benson (2014), chapter 1

## TALK ABOUT IT

**Simon let down the net when it made no sense to him. When has following the Lord’s direction worked out better than you expected?**

## TAKE TO CHURCH

Simon Peter fished all night and caught nothing, then let down the net at the Savior’s word. The Lord can make far more of our lives than we can.

# They Left All



Matthew 4:18–22; Luke 5:27–32 · This week: The Spirit of the Lord Is upon Me, Matthew 4; Luke 4–5

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## START

Two pairs of brothers left their fishing nets in one day to follow Jesus (Matthew 4:18–22).

## READ TOGETHER

Peter and Andrew, then James and John, were working on the Sea of Galilee when Jesus called them. James and John left their father Zebedee in the boat with the hired servants (Mark 1:19–20).

### MATTHEW 4:19–20

<sup>19</sup> And he saith unto them, Follow me, and I will make you fishers of men. <sup>20</sup> And they straightway left their nets, and followed him.

### LUKE 5:27–28

<sup>27</sup> And after these things he went forth, and saw a publican, named Levi, sitting at the receipt of custom: and he said unto him, Follow me. <sup>28</sup> And he left all, rose up, and followed him.

## WHAT IT TEACHES

Jesus said, “Follow me, and I will make you fishers of men” (Matthew 4:19). “And they straightway left their nets, and followed him” (Matthew 4:20). Straightway means right away.

Later Jesus called Levi, also known as Matthew, a publican who sat collecting taxes (Matthew

9:9). Levi “left all, rose up, and followed him” (Luke 5:27–28). Many people looked down on publicans.

Levi held a great feast for Jesus, and many publicans came. When some complained that Jesus and his disciples ate with sinners, he said, “They that are whole need not a physician; but they that are sick” (Luke 5:29–31).

Jesus said he came to call sinners to repentance (Luke 5:32). He calls fishermen, tax collectors, and every kind of person, and his invitation to follow him reaches each of us.

## TALK ABOUT IT

**Peter, Andrew, James, John, and Levi each left something behind to follow Jesus. What is one thing we could set down this week to follow him more closely?**

## TAKE TO CHURCH

Fishermen left their nets and a tax collector left his table to follow Jesus. He calls every kind of person, and he makes them fishers of men.