Introduction: If you wait until your life is under attack to consult the “training manual” for how to respond, you’ve waited too late! Today we will discover how to train for emergency situations before crises arise.

I. The Importance of Training

Survival Tip #1: Don’t Panic
Survival Tip #2: Gain Situational Awareness
Survival Tip #3: Take Inventory
Survival Tip #4: Develop a Victor, Not a Victim, Mindset
Survival Tip #5: Trust Your Training

II. Training In God’s Word (2 Timothy 3:16-17)

2 Timothy 3:16-17  

16 “All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 that the man of God may be adequate, equipped for every good work.”

III. The Benefits Of Training From God’s Word (Psalm 119)

A. God’s Word Provides Wise Counsel Throughout Life (Psalm 119:105)

Psalm 119:105  “Your word is a lamp to my feet, and a light to my path.”
B. God’s Word Is a Faithful Friend During Difficult Days (Psalm 119:92-93)

Psalm 119:92-93  
92 “If Thy law had not been my delight, then I would have perished in my affliction.  
93 I will never forget Thy precepts, for by them Thou hast revived me.”

C. God’s Word Serves as a Sure Defense Against Temptation (Psalm 119:11)

Psalm 119:11  “Thy word I have treasured in my heart, that I may not sin against Thee.”

2 Corinthians 10:5b  “We are taking every thought captive to the obedience of Christ.”


A. The First Temptation: An Appeal to Physical Appetites (Luke 4:3)

Luke 4:3  “And the devil said to Him, ‘If You are the Son of God, tell this stone to become bread.’”


Luke 4:5-7  
5 “And he led Him up and showed Him all the kingdoms of the world in a moment of time.  
6 And the devil said to Him, ‘I will give You all this domain and its glory; for it has been handed over to me, and I give it to whomever I wish.  
7 Therefore, if You worship before me, it shall all be Yours.’”

Luke 4:8  “And Jesus answered and said to him, ‘It is written, YOU SHALL WORSHIP THE LORD YOUR GOD AND SERVE HIM ONLY.’”
C. The Third Temptation: An Appeal to Glory (Luke 4:9-12)

Luke 4:9  “And he led Him to Jerusalem and had Him stand on the pinnacle of the temple, and said to Him, ‘If You are the Son of God, throw Yourself down from here.’”

Luke 4:10-11  “For it is written, HE WILL GIVE HIS ANGELS CHARGE CONCERNING YOU TO GUARD YOU, and, ON THEIR HANDS THEY WILL BEAR YOU UP, LEST YOU STRIKE YOUR FOOT AGAINST A STONE.”

Luke 4:12  “And Jesus answered and said to him, ‘It is said, YOU SHALL NOT PUT THE LORD YOUR GOD TO THE TEST.’”

V. Developing Your Own “Training Program”

A. Have a Scheduled Time and Plan for Memorizing Scripture

B. Start Small

C. Read the Verse(s) Out Loud

D. Remember the Value of God’s Word

Conclusion