



Whole Food or Junk Food?

Matthew 4:1-11

1. What does it mean to live a really good full life?

2. First temptation. Read Mt 4:1-4. What was wrong about the devil's temptation?

3. Jesus quotes scripture to refute the devil's suggestion. Read Dt 8:1-4. How does the Deuteronomy passage help your understanding of Jesus response? What does it mean, to "live"?

4. The Deuteronomy passage is referring to an event in the wilderness during the exodus.

a. Read Ex 16:1-30.

b. Did the people obey God's commands? Be specific. Did God's "rules" for the manna make sense? What was God teaching the Israelites (and us)?

5. Second temptation. Read Mt 4:5-7.

a. Is the devil correct, that it is written in scripture?

b. Read Ps 91:9-13. How would you apply this scripture in your own life? Discuss.

6. Read Dt 6:1-3,13-16. What situation did the Israelites face at Massah?

7. Read Ex 17:1-7. How were the Israelites testing God? Have you ever challenged God to prove himself by asking for a miracle?

8. Third temptation. Read Mt 4:8-10. What did the devil want from Jesus? Is that what the devil wants from us?

9. How do you respond to the following questions?

- Is it ever ok to worship someone or something other than God?**
- Is it ever ok to ask God for a miracle?**
- Is it ever ok to feed yourself if you're hungry?**

Discuss.

10. Revisit question 1. Do you have any changes to make to your original answer on what constitutes a really good full life?

11. Have you thought of memorising a verse to help you respond to temptations that you face in your life? Share with the group if you have done this.

12. Pray for each other.