

# Mental



## ✔ Prepare in Advance

Facilitator: In advance of the session:

- This session will reference several other stories from Jesus' life. Read through the lesson and re-familiarize yourself with these passages.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

## ✔ Explore

As you begin, ask the following questions to start discussion: "Why do you think God sometimes allows us to face difficult experiences, even though we may pray against them?"

Have someone read Luke 4:1-13 and show the *Bible Background Video*.

## ✔ Bread for the Masses

- Was this a chance encounter between Satan and Jesus? Why does it matter?
- Summarize how Jesus was being tempted in verses 3-4 (hint: it wasn't just about food!) and Jesus' response.
- Why was this a difficult temptation for Jesus at this time – both physically and spiritually?
- Have someone read John 6:1-15, which also features food. How does this situation (especially verses 14-15) shed light on the temptation? How might the wilderness temptation have prepared Jesus for a time like this?

## ✔ Quick Power

- Summarize the second temptation (verses 5-8) and Jesus' response. Why was this, as the video suggests, a very "real" temptation?
- Read the following story in Luke 4:14-30. How could Jesus have done better "public relations" work in this instance, and why would doing so have jeopardized his true purpose?
- How did Jesus' second temptation prepare him for moments like this?

## ✔ Show-Off

- Satan's third temptation was for Jesus to do a spectacular stunt in a very public place in Jerusalem.

Jesus would spend the next three years doing miraculous things... what then was so dangerous about this temptation?

- Read Matthew 27:38-44. How are the people's taunts similar to this third temptation?
- What great things might Jesus have accomplished if he had succumbed to the temptation to sensationalize his ministry? Why was it so vital, then, that he resisted this temptation constantly?

## ✔ Closing

End with a more personal discussion by using the following questions.

- How have your wilderness temptations changed and prepared you for things you face now?
- Sometimes we aren't as successful as Jesus at resisting temptation – how can our failures be helpful, too?
- End with a prayer of thanks for times of wilderness in our lives.

By Jon Parks

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