

Jesus is tested in the desert

Matthew 4:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

Jesus answers every temptation with scripture. What does that show you about how he lived?

2. What does it show me about people — and about me?

He was hungry and alone for forty days. Is it easier or harder to do right when you are tired?

3. What will I obey this week?

What is one verse you will learn this week to use when you are tempted?

4. Who will I tell?

Who is being pulled toward something wrong? How could you stand with them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

*God, when Jesus was tempted he answered with your words.
Thank you that the Bible is something I can hold on to. Help
me learn it before I need it.*



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