



Part 2- No

Forrest Jenan - July 1, 2018

HANG OUT (warming up to the topic)

1. Check in to see how everyone's week was.
2. Did you listen to the teaching? What was the most challenging? What was the most encouraging?

HEAR (listening to God through Scripture)

3. Is it hard or easy for you to say "No"? Explain. What are some "No's" that you've said in your past that you are thankful for?
4. What is your experience with fasting (for spiritual purposes), whether from food or something else? Do you fast regularly? Why or why not?
5. **Read Luke 4:1-13;** (also read: **Deuteronomy 8:3,, 6:13, and 6:16**) What 3 things did Jesus say no to?
6. Read **Luke 23:33-36;** What did Jesus say "No" to here? How does this impact us?

HUDDLE (making it personal and praying together)

7. Which of the 3 temptations do you struggle with most: "You are what you have," "You are what you do," or "You are what people think of you?" What can you say "No" to this week to keep you from the lies you believe about yourself? How can this group help you resist these temptations?
8. End in prayer.