

# THE BIBLE IS GOOD FOR YOU

The Spirit leads us into seasons of wilderness as well as seasons of flourishing.

When Jesus was tempted in Luke 4, he was probably hungry AND tired after fasting for 40 days.

Jesus, who was fully human, used scripture to fight temptation - not some crazy miracle like making a volcano happen and swallowing the devil whole - he drew on something that's accessible to us - THE BIBLE!

When Jesus' stomach was empty, His spirit was full.

# HOW TO READ THE BIBLE

Remember S.O.A.P.

## SCRIPTURE

**S:** “He replied, ‘Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.’” Matthew 17:20

## OBSERVE

**O:** God said even if you have just the smallest bit of faith, you can tell a mountain to move and it will move.

## APPLY

**A:** This scripture encourages me that even when I’m feeling down or hopeless, God says that all I need is a little bit of faith in him, and he will “move the mountain” and take care of whatever my problem is.

## PRAY

**P:** Thank you Lord for being faithful. I ask that you would teach me how to have faith in you so that I won’t be worried when problems come my way. Your word says that nothing is impossible with You on my side, and I ask that you would remind me of that each and every day, especially when I am anxious or worried about something. Thank you for all that you’ve done for me, and I ask that you would open my heart up to all the plans that you have for me. Amen.

# Luke 4:1-4

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

3 The devil said to him, "If you are the Son of God, tell this stone to become bread."

4 Jesus answered, "It is written: 'Man shall not live on bread alone.'"

## THINK ABOUT IT

How often do you get 'hangry' (hungry and angry)?

What does it mean for us that Jesus remains fully obedient and faithful in the wilderness through temptations/testing? How is this good news specifically for you today?

Think about an area of your life that you regularly find yourself tempted in. What can you learn from Jesus' example in how he fights temptation? How might the Spirit be leading you to apply this in your life?

What is an area of temptation in your life right now? What can we learn from Jesus about how we can resist temptation?

# ACTION STEP

## APPLY SOAP!

Write out SOAP on your own for Proverbs 3:5-6!

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