



### Matthew 4:1-11 (NRSV)

<sup>1</sup>Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup>He fasted

for forty days and forty nights, and afterwards he was famished. <sup>3</sup>The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” <sup>4</sup>But he answered, “It is written,

‘One does not live by bread alone, but by every word that comes from the mouth of God.’”

<sup>5</sup> Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup>saying to him, “If you are the Son of God, throw yourself down; for it is written,

‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

<sup>7</sup>Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’”

<sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; <sup>9</sup>and he said to him, “All these I will give you, if you will fall down and worship me.” <sup>10</sup>Jesus said to him, “Away with you, Satan! for it is written,

‘Worship the Lord your God, and serve only him.’”

<sup>11</sup>Then the devil left him, and suddenly angels came and waited on him.

## Opening

- Pray:** God of quiet and of ambient sound, quiet our hearts so we may hear your voice. Cultivate in our hearts fertile soil to listen, follow, and love. Strengthen our bonds of friendship and our ability to discern and follow your will together. Amen
- Share:** Share of an experience with technology when you were forced to reset a device. What led to the need to reset? What was the result?

## Dive Into the Text

- Why do you think Jesus was compelled to go to the desert immediately following his baptism in the Jordan?
- What is the significance of each temptation, and how might we be tempted in the same way?
  - To turn stones into bread
  - To jump and see if God would catch you
  - To rule over all the land
- Where did the source of Jesus' response to each temptation come from?

### Five Practices

Rev. Rachel Billups shares that to find a daily reset we need to intentionally root ourselves in God's presence. To spend time with God, we:

1. **Prepare**
  2. **Select a place** to spend time with God
  3. **Create a technology-free zone**
  4. **Name your rocks** (priorities)
  5. **Integrate your rocks** (priorities) into each day
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### Wesleyan Covenant Prayer

I am no longer my own, but yours. Put me to what you will, place me with whom you will.

Put me to doing, put me to suffering.

Let me be put to work for you or set aside for you, praised for you or criticized for you. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and fully surrender all things to your glory and service.

And now, O wonderful and holy God, Creator, Redeemer, and Sustainer, You are mine, and I am yours. So be it.

And the covenant which I have made on earth, Let it also be made in heaven.

Amen

### Go Deeper

1. In what ways do you need a reset in your life for 2024?

Review Rev. Rachel Billups' five practices (see left sidebar) and answer the following questions:

2. What changes do you need to make in order to create the necessary space to spend time with God?
3. What are some of your priorities for the year (not to-do's)?
4. How might you integrate those priorities into each day?

### Close in Prayer

Close the meeting in praying the Wesleyan Covenant Prayer together (see left sidebar).