

# LIFE LABS

LEADER GUIDE

## WEEK 5: Lent Edition

### Ice Breaker

What is your go to local place to eat in Chico?

### Watch the Video

### Scripture Reading

Matthew 4:1-11

### Discussion Questions

Jesus is tempted the same we are tempted. What makes fasting so difficult?

When have you gone without something you relied on?

How is God working on you through this text?

What does it look like for you to live out this teaching?

### Spiritual Discipline Application

Find something to fast from over the next 40 days. Food, sugar, Netflix, If that seems hard maybe make times of the day you are committing to fast. When you are tempted take time to pray or read scripture. The Proverbs are a good lent read!

### Praises and Prayer Requests

Make a list of what everyone in the group can be praying for throughout the week.