

# Tempted

## Small Group Notes: Week 2

### Icebreaker:

What is your favorite food or drink?

### Re-read Matthew 4:1-4 (cf: Proverbs 16:26)

This week's temptation has to do with our appetite. Our natural appetites are real needs (I.e. food, drink, sex, security), but the tempter uses these natural appetites to lure us into immediate self-fulfillment, which takes our dependence off God and puts our dependence on ourselves.

Does the desire for food, drink, sex or security ever dictate important choices in your life? Discuss.

Our God is a good and loving Father. Many times our appetite temptation doesn't come from not having been provided for but being discontent with how God has provided. Reflect on recent times when you have become dissatisfied with God's provision (food, drink, sex, security, job, etc.)

Take a minute to think about how that dissatisfaction has driven you to satisfy those natural appetites in unhealthy ways?

Review Jesus response to Satan in Matthew 4:4, "Man does not live on bread alone, but on every word that comes from the mouth of God." Craig made the point that Jesus is saying, "I will trust my Father and not obey my hunger." In other words, Jesus says, I will not take your bait Satan and satisfy my hunger in my way but I will depend on God to satisfy me. How?

Read Galatians 5:16-26. Which fruit of the Spirit (vss 22-23) counters our immediate self-fulfillment of our appetites? Discuss some ways that you can put this fruit of the Spirit into play in your own life?

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