



J E S U S

FIX OUR GAZE

Hazlemere
church

Session 3: Jesus fasts in the desert

IN

Introduction

DISCUSSION:

The phrase 'spiritual disciplines' refer to practises found in the Bible which promote spiritual growth. These are habits - such as Bible Study, Worship, Fasting, Prayer etc. And are habits which take some working at.

QUESTION: What 'spiritual disciplines' have you found to be helpful recently?

UP

Explore

READ Luke 4:1-14

- **Discuss your understanding of Jesus:** This event comes straight after Jesus' baptism. Try to imagine some of the thoughts and feelings that Jesus may have experienced throughout this episode. What does this passage tell you about the person of Jesus? What do you see of his relationship with the Holy Spirit and with God in the passage?
- **Discuss your understanding of who the devil is:** Who is he? Why might it be dangerous to give either too much or too little attention to him? What are some of the devil's strategies (refer to the passage)
- **Discuss your understanding of sin and temptation:** What is sin? How serious is sin? What spiritual disciplines most help you combat sin and temptation?

OUT

Impact

"Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside."

Discuss what spiritual disciplines you hope to re-invigorate in the coming days. Spend some time praying for each other.

