**100 Days with Jesus**

**Study No. 3 Matthew 4:1-11**

**Introduction**Living our busy lives, the best that many of us can manage are brief God gaps. A quick few minutes, perhaps between shower and breakfast, a thought and prayer whilst driving the car or a hurried reading and prayer before sleep. Jesus lived a different way, he made space for God or to put it better, he made space for himself to be with God.

He is coming out of the decisive launching experience of his baptism. He is about to begin his great world changing ministry. So much to do, so little time to do it. But before beginning, or rather, as a way of beginning, he goes off alone into the wilderness, ‘the empty lands’ and spends 40 days just himself and God.

**Questions**

1. If you were to mark your present prayer life out of 10, how many marks would you give yourself?

1. Why do you think Jesus and others fast? Have you ever had a go?
2. In this passage the Devil, the Tempter, is portrayed like a physical person who appears before Jesus. How else could he be portrayed?
3. 4:3-4 What is the essence of this first temptation? How could we apply this temptation to our own Christian life?
4. 4:5-7 What is the essence of this second temptation? How could we apply this temptation to our own Christian life?
5. 4:8-10 What is the essence of this third temptation? How could we apply this temptation to our own Christian life?
6. 4:11 It appears that Jesus has this time of concentrated temptation and then it passes. Has this been your experience in your Christian life, or do you find yourself being tempted most of the time?
7. What have you discovered to be the best ways to avoid temptation?

**Key question to finish: Who is God and how do we respond?**

**Prayer**

Lord Jesus,

Where is my wilderness? Whose is the tempting voice I hear? What is the temptation that draws me?

Will you help me overcome it? Amen.

**Leaders Notes**  
1. The point is not to beat yourself up. Few if any of us are good at prayer and none of us are as good as Jesus. It is far better to be honest, but to say I would like to be a bit more like Jesus.