

Introduction:

What was the last decision you made? Maybe it was what to eat, where to sit, or who to talk to. So many of our decisions seem small and inconsequential, but sometimes small decisions make all the difference. What was the last decision that changed your life? Where did that decision start; with a cup of coffee, a long walk, or maybe a single word? In this series, we will be talking about 7 words that can change your life. Today, that word is 'no.'

Scripture:

Luke 4:1-4 - "Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry. Then the devil said to him, "If you are the Son of God, tell this stone to become a loaf of bread." But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone.'"

For More, Read & Discuss Luke 4:1-13

Discussion Questions:

1. When was the last time you said "no" to something? How did that feel?
2. In Luke 4, Jesus experiences some of the same temptations we face each day. We are often tempted to believe we are defined by what we have. We say "yes" to accumulating and begin to forget that God is our provider.
 - When have you allowed yourself to be defined by what you have?
 - What could you fast or take a break from?
3. Many of us allow ourselves to be defined by what we do. Is that something you have experienced?
4. What do you do that gives you hope?
 - How could doing less help you break the cycle of being defined by what you do, while also making more space for God and the parts of your life that give you hope?
5. Do you ever find yourself seeking the approval of others? Does seeking that approval make you say "yes" to requests that you would otherwise decline?

Take the Next Step:

For the next 7 days, say "no": find an appetite to fast from or an opportunity for sabbath. Make some space in your life.