



FEED YOURSELF

SESSION 3 - DIGEST

SERIES BIG IDEA

The Bible is God's Word given to us for daily nourishment. In this series, we will challenge one another to grow in our relationship with God by feeding ourselves with His Word every day.

MESSAGE BIG IDEA

When God's Word becomes part of you, it gives you the wisdom and power to overcome.

ICEBREAKER AND OPENING THOUGHT

Use this time to get the group members engaged with one another. They should have fun as they reminisce on their favorite foods.

BIBLE DISCUSSION

It is important that the group understand the importance of knowing God's Word. There are many details about this passage your group may point out. Don't rush through this portion of the guide and give plenty of time for people to make observations and ask questions. You don't have to answer every question, and if some questions would derail the conversation, ask the person who asked the question to research that question for next week.

Here are a few details that are important to the passage: Jesus goes out into the wilderness for 40 days. Anytime there is a setting or a number, it is significant and symbolic. Both Satan and Jesus are using Scripture. Jesus, in particular, is quoting from passages in Deuteronomy that are in the context of Israel's 40 years of wilderness wandering. One of Matthew's overall themes is the Kingdom of God which is established by the cross, yet here the temptation is for Jesus to skip the cross. What does that say about the nature of God's ways and what does that mean for us today? Overall, make sure the group grasps that Jesus overcomes temptation each time by quoting from Scripture.

LIFE APPLICATION

In this portion of the guide, you are trying to get the group to imagine how their own life might be filled with wisdom as a result of Scripture. A few Scriptures that might be good for people to memorize are Psalm 23, portions of Romans 8, Ephesians 1, sections of the Sermon on the Mount (Matthew 5-7), Isaiah 40, 1 Corinthians 13, and parts of James. When memorizing Scripture, it will help to be familiar with the immediate context of the few verses you've committed to memory, because then the memorized Scripture serves as a handle for a whole chunk of Scripture that is transforming your heart and mind.

CHALLENGE

As we strive to spend more time reading and memorizing God's word, let's remember that the goal is not just more knowledge about God, but to connect with the God of the Bible revealed in Jesus Christ. Let's continue to encourage one another to read Scripture together and pray for the Holy Spirit to lead us into truth. Challenge the group to take the next 30 days to read and reflect on Psalms 119 or any other passage of their choosing. Encourage people to use the Read Scripture App and to read the book of James together.