

Session #3: The First Temptation of Jesus in the Desert



Reflection Questions for the week

- WHAT IS A COMMON “TRAP” OR “LIE” THAT COMES UP FOR ME WHEN I AM WEAK? (It’s important for us to know our weak spots because that’s where the other spirit is likely to attack! What is my strategy to fight against it?)
- WHAT “QUICK FIX” DRAWS ME AWAY FROM GOD? (What are those devices or behaviors I use that separate me from God and How does God draw me back? Building awareness of how we’re tempted helps us strengthen our response each time.)
- WHAT IS THE CURRENT SITUATION IN MY LIFE THAT I COULD TURN TO GOD FOR HELP, FOR DEFENSE? WHAT’S THE SCRIPTURE PASSAGE THAT MIGHT HELP? (What challenge, suffering or relationship currently needs my best faith-filled self? Look for a scripture line or passage that gives me wisdom.)

Some Scripture for some of life’s challenges

There is Scripture for every human circumstance. For when we are sick, persecuted, anxious, grieving, scared, listless, sad, angry, insecure, lonely, grateful, joyful, in awe.... Here are just a few to meet some of life’s challenges:

When grieving or overburdened: Matthew 11 “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Down or depressed: Psalm 34 “The Lord is close to the brokenhearted, saves those whose spirit is crushed.”

To battle low self-esteem or shame: Psalm 139 “I praise you, so wonderfully you made me; wonderful are your works.”

Rocky relationships/anxiety-producing confrontations: Luke 21 “Remember, you are not to prepare your defense beforehand, for I myself shall give you a wisdom in speaking that all your adversaries will be powerless to resist or refute.”

For courage: Isaiah 43 “Fear not, for I have redeemed you; I have called you by name: you are mine. When you pass through the water, I will be with you, in the rivers you shall not drown.”

Opening Prayer: “Clothed in the Qualities of Christ”

When my spiritual clothes are soiled with negativity and neglect, may I have the desire and energy to clean them. When my spiritual clothes droop, sag, and do not fit, may I have the wisdom and determination to let my words and actions fit my values and beliefs. When my spiritual clothes need changing, may I have the ability to make good decisions and the courage to follow through with the necessary changes. When my spiritual clothes are torn and need mending, may I make amends and be open to forgiveness and reconciliation. When my spiritual clothes are not accepted by others, may I have the self-affirmation to be my true self and not give in to the demands of others. When my spiritual clothes become thin and frayed, may I strengthen them with a garment of loving-kindness.

Jesus, transform all I am and all I do into the kind of love that permeated your presence. Clothe me with your love and grant me the grace to be truly kind and caring. May my spiritual clothes be spun from the gold of your goodness and last into eternity.

From Out of the Ordinary: Prayers, Poems, and Reflections for Every Season by Joyce Rupp