



Series: **Seven Words to Change Your Life**

Message: **No**

Text: **Matthew 4:1-11**

Connection Group Questions*

Did you practice saying "yes" to God this week- to whomever, whenever, wherever he calls? Share some stories, or your questions, with one another.

No on to "NO-vember!" Do you have a difficult time saying no to anyone (or everyone)? Why is "no" so hard for some of us?

Read Matthew 1:1-11. Also read Deuteronomy 8:3, 6:13, and 6:16. What 3 things did Jesus say "no" to? What helped him to say "no"?

Which of these three temptations do you struggle with most: The Temptation to be Relevant ("You are what you have."). The temptation to be spectacular? ("You are what you do"). The temptation to be powerful ("You are what people think of you?").

Application:

Two practices were brought up as ways to face and defeat temptations:

Fasting: Read Matthew 6:17-18. Fasting is learning to say no to your appetites. Have you considered a fast individually or as a Group? What kind of fast should you practice- food, shopping, social media? Or can you think of something else? Discuss and make a plan for a fast, and be prepared to s

Sabbath: Saying no to work. It's the fourth commandment! What is your day and plan to stop working and start resting? Share your practice of, and experiences with, sabbath.

A third practice is that of submission. Saying no to power, and yourself, and surrendering daily to God. In what area of life might you need to let go of power and practice submission?

If you are clear on your identity, and clear on your mission, you get clear on when to say 'no'. How clear are you on all three of these? The reason to say "no" to a lesser good is so that you can say "yes" to a greater good." What does this mean? Prayerfully ask God to show you if you should fast during this series.

* Questions adapted from Menlo Park's "Seven Words" bible study.