

**Luke 4:1-13**

## Tools to survive and thrive

After his baptism and affirmation of his identity as God's Son, Jesus is led into the wilderness. There, for 40 days, he is tempted by the devil who questions Jesus' very identity. Jesus confidently counters these questions by quoting from Scripture, and the devil departs from him.



## WATCH

Watch the television news (or *CBBC Newsround*) and note down names of those who hold power. Pray that they may exercise their power with justice and compassion.

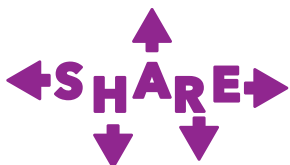


## BAKE

**You will need:** baking tray, baking paper, digestive biscuits, rolling pin, chocolate, golden syrup, mini marshmallows, raisins or dried fruit, icing sugar.

### Method for making rocky road

- Use a rolling pin to crush some digestive biscuits into chunks (about 200g for a large baking tray). Mix these together with a handful of dried fruit and a generous helping of mini marshmallows.
- Melt some chocolate and mix this into the dry ingredients until they are covered. Line a baking tray with baking paper and spread the mixture evenly over the tray. Chill it in a fridge until it sets then cut into pieces to share.
- Reflect on the verse 'it isn't only bread that you need to live'. What are the ingredients God provides to help us thrive in life? What tools did Jesus rely on to resist temptation?



Invite some friends round for a simple meal of bread and soup, and pray for people who face testing situations around the world.

## Bible notes



The wilderness is traditionally the place of testing, formation, new beginnings and encounters with God. In the Hebrew Bible, it is in the wilderness that the people of God learn, through trying and failing, through instruction and practice, through encounter and through experience, to live God's way. This difficult, formational time for the embryonic people of God followed fast on the heels of the high point of experiencing salvation from oppression and slavery through the plagues, the Passover and the parting of the Red Sea.

Similarly, Jesus has just experienced the high point of his baptism and the reassurance of the voice from heaven confirming his identity; now he needs to work out how to live this out. The 40 days – like the 40 years for his ancestors – may or may not be an exact length: '40' denotes a 'significant' period of time. As with the wilderness experience of his ancestors, Jesus faces temptations around his identity, the need to be fed, the question of who to worship and why, and the enticement to test God. Jesus responds differently from his ancestors, providing a different model of living out our identity as the people of God. Key to his survival in the face of these difficult circumstances is Jesus' security in his identity as the Son of God, affirmed by God at his baptism – it does not need to be put to the test. Jesus is also secure in his knowledge of Scripture, God's instructions on how to live. Filled with the Holy Spirit and secure in the Word of God, Jesus has what he needs to survive and grow.

## First impressions

- What equipment would you need to not just survive, but thrive, in a harsh landscape?
- What tools does Jesus rely on in his wilderness experience?
- Is there a Bible verse you would like to hold onto this week to help you through testing times?



## Pray

Lord,  
give me strength to survive  
and the wisdom to thrive.  
Amen.



## LISTEN

Listen to 'Lord, I Need You', by Matt Maher  
<https://bit.ly/3Uu8NMF>

