



Performance

Matthew 4:1-4

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1. Which of these statements resonates with you the most?
 - a) I should have done more.
 - b) I need to step in and take care of that.
 - c) I really failed at that.
 - d) I am so overwhelmed by all this.
2. Are there particular circumstances where you especially feel the pressure to perform? To be adequate? To “do something”? Feel free to share some examples...
3. Is that pressure to perform self-inflicted or does it come from some outside source?
4. What are the dangers of basing who we are on what we do? Are there benefits?
5. Why might it we struggle to trust God with the day-to-day details of our lives? Put slightly different: Why do you think it is so easy for us to fall into the trap of trusting our “self-sufficiency” verses trusting in God to take care of us?

Temptation #1 = PERFORMANCE (verse 3)

1. What do you think of Satan’s first temptation? A cheap shot? Not relevant? Brutal?
2. How would you put Satan’s temptation in your own words?
3. How might Satan tempt you the same way?

Answer #1 = TRUST in God’s provision (verse 4)

1. What do you think of Jesus’ answer? Right on? Hard to process? Good use of Scripture?
2. How would you put Jesus’ answer in your own words?
3. How might Jesus’ answer be personally helpful for you?

The Rope = The SABBATH

The Sabbath (like the gathering of manna) is about learning to trust God in the real time of where we live our lives. Meaning: Keeping a personal Sabbath teaches us that life is not about what we achieve but about God’s provision for our lives now and forever. (References for further “on your own” consideration: Genesis 2:2; Exodus 16:13-36 [especially verses 23-26]; 31:12-17; 20:8-11; Numbers 28:9,10; Deuteronomy 5:12-15; Isaiah 56:2; Matthew 12:1-8; Mark 2:23-27; Romans 3:20; 1 Corinthians 16:2; Colossians 2:13-17; Hebrews 4:1-11; 10:1,9-14)

Consider what each of the 3 Core Elements of the Sabbath are and what they involve. What might each of these look like as you maintain the discipline of Sabbath in your life?

1. **STOP:**
2. **REST:**
3. **FOCUS:**

Catch all last question: Anything else not covered above or that particularly impresses you from this study?