

**Reflective Question:** “Have you ever experienced truly being alone?”

Read **Matt 4:1-11**

**Mt 4:2-4** *After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”*

*Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’*

**3 descriptions of the temptation of Jesus:**

- The “lust of the eyes” - *materialism*
  
- “Lust of the body” - *hedonism*
  
- The “pride of life” - *egoism*

Read **Deut 8:3** and review the Exodus and Wandering in the Wilderness account.

**Deut 8:3** *He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.*

**Heb 4:12** *For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**Isa 55:11** *So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.*

**Phil 4:8** *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.*

**Mt 11:28-30** *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

**During this 21-day fast, what is God calling you to learn from the Master?**

**John 6:35** *Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty*