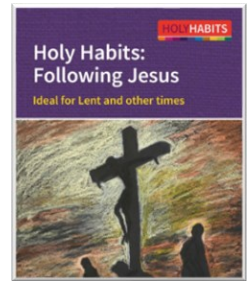




## **HOLY HABITS: FOLLOWING JESUS** (For use with or without the online Zoom meeting)



### **WEEK 1: 18<sup>TH</sup> FEB - 'JESUS GUIDED BY SCRIPTURE'**

Focus habit: 'Biblical Teaching'. Luke 4:1-13

**Opening Song:** 'We bow down and confess' by Viola Grafstrom <https://youtu.be/tblhggHfVrI>  
(Reflect on the words if you do not have access to the music)

Come, let us worship and bow down, let us kneel before the LORD our Maker. (Psalm 95:6-7)

Chorus

We bow down and confess...You are Lord in this place

We bow down and confess...You are Lord in this place

Verse

You are all I need...It's Your face I seek

In the presence of Your light...we bow down

**Prayer:**

Lord Jesus, as we begin our Lenten journey, we confess you as Lord in the place we find ourselves today, and pray that as you were led by the Spirit, we may be too, so that, like you, we may be strengthened to do the will of our heavenly Father. For your name's sake we pray. Amen.

**Bible Reading: Luke 4:1-13 (NRSV)\***

(As you listen/read - what words or phrases do you notice? Note these and we will return to them later.)

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, <sup>2</sup> where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. <sup>3</sup> The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' <sup>4</sup> Jesus answered him, 'It is written, "One does not live by bread alone."' <sup>5</sup> Then the devil led him up and showed him in an instant all the kingdoms of the world. <sup>6</sup> And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. <sup>7</sup> If you, then, will worship me, it will all be yours.' <sup>8</sup> Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' <sup>9</sup> Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, <sup>10</sup> for it is written, "He will command his angels concerning you, to protect you", <sup>11</sup> and "On their hands they will bear you up, so that you will not dash your foot against a stone."' <sup>12</sup> Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' <sup>13</sup> When the devil had finished every test, he departed from him until an opportune time.

**Reflection:**

The Video '40' by Si Smith - <https://youtu.be/P-6a25Yo2wE> Discuss what we see in this.

(If you don't have internet access reflect on the words below instead).

**Lent: 'Scratching the Surface'** (From 'Running Over Rocks' by Ian Adams)

This season

drives me hard

into my disturbing desert

and keeps me here;

confronting stones

scaling pinnacles

exhausting possibilities

in doubts, dreams and hallucinations;

face in the dust

with only the hope

of a third day.

Luke highlights two companions that enabled Jesus to walk the way of his calling (a calling we will explore in more depth next week). The companions are the Spirit and the scriptures. They were sources of strength and guidance for Jesus, especially at the most demanding times of his life and ministry.

As we journey with Jesus through Lent and life, we too need these companions to guide and strengthen us, especially in times of testing and weakness. We need to be filled with and led by the Spirit and shaped and guided by the holy habit of living out biblical teaching.

**Questions for personal reflection:**

1. In the reading, Jesus is in the dry, harsh, challenging place of the wilderness. At the beginning of Lent, what sort of place do you find yourself in spiritually?
2. Jesus was full of the Holy Spirit. How conscious are you of the Spirit's presence at this time?
3. Jesus was able to resist the temptations presented to him with the confidence that came from his knowledge of the scriptures. How confident are you in applying biblical teaching to the challenges you face?

**Further questions for reflection/discussion:**

1. In Ephesians 5:18, Paul urges his readers not to get drunk but to go on being filled with the Spirit. How are we continually filled with the Spirit? Might giving up something for Lent create the space for you to seek fresh fillings of the Spirit?
2. What habits of reading scripture could you adopt/renew in order to live more biblically?
3. We have focussed on the Spirit and the scriptures. Returning to the words you noted from the Luke passage, which other things might you need to pay attention to?

**Respond:**

'Spirit of the living God, fall afresh on me.' (By Daniel Iverson)

Spirit of the living God, fall afresh on me  
Spirit of the living God, fall afresh on me  
Break me, melt me, mould me, fill me  
Spirit of the living God, fall afresh on me

**Prayer:**

Holy Spirit, fill us afresh we pray; build us up and encourage us as we journey through Lent. Amen.

**'Take-home' ideas:**

Find a small jar (or jug/bowl) and fill it afresh with water each day during Lent – as you do so, pray for a fresh filling of the Spirit.

Commit to reading a portion of scripture each day and notice how it speaks to the events of the day.

\* *NRSV New Revised Standard version*