

# Life Steps

Life Changing Words: No | February 20 & 21, 2021

## Day 1

**Luke 4:1-13**

**Reflect:** What most resonated with you from the weekend message? How good are you at saying “No” to temptation? What is your most challenging temptation?

**Prayer:** Lord, lead me not into temptation, but deliver me from the evil one. Amen

## Day 2

**Exodus 20:8-11 | Ezekiel 20:19-20**

**Reflect:** Do you have a scheduled “Sabbath” day or time each week? If so what have been the benefits of honoring “Sabbath” time? If not, how likely are you to consider starting the practice of doing nothing for a whole day each week? Explain.

**Prayer:** God of Sabbath rest, help me to be still and know that you are God. Amen

## Day 3

**Galatians 1:1-10**

**Reflect:** Why did Paul speak so strongly to the Galatians? What is wrong with being a people pleaser?

**Prayer:** Lord Jesus Christ, I am your servant and I live to please you and you only. Amen

## Day 4

**Deuteronomy 8:1-3**

**Reflect:** When we live by bread alone, we always want more and better bread. What does this say about human nature? What is wrong with this behavior?

**Prayer:** Generous God, I trust you to provide the living bread I need for today. Amen

## Day 5

**Mark 1:29-39**

**Reflect:** 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?

**Prayer:** Our Father who art in heaven, holy is your name. Your kingdom come, your will be done in and through my life. You are mine and I am yours. Amen

## Day 6

**John 6:25-35 | Matthew 6:16-18**

**Reflect:** The reason to say no to a lesser good is so we can say yes to a greater good. What does this mean? How does this apply to the purpose of fasting? Prayerfully ask God to show you if you should fast this Lenten season.

**Prayer:** My Lord and My God, show me what I must say no to, so that I can say yes to a deeper relationship with you.

## Day 7

**Matthew 5:38-48**

**Reflect:** Identify someone with whom you would like to have a better relationship. Each day during Lent, write down something positive about that person and ask God to bless that person.

**Prayer:** God of grace and mercy, forgive me of my sins even as I forgive those who have sinned against me. Amen