



## Small Group Lesson 1 | Life Changing Words: No

**Main Idea:** “No” is a boundary-setting word to a lesser good so I can say yes to a greater good.

**Main Scripture:** Luke 4:1-13

### Get Connected:

1. Tell us about your experience navigating our epic winter storm.
2. How good are you at saying “no?”
3. What is your experience with fasting (for spiritual purposes) from food or something else?

### In the Word:

Read Luke 4:1-13/Deuteronomy 6:13,16;8:3

1. What 3 things did Jesus say “no” to?
2. What helped him say no?

Read Luke 23:33-36

1. Who did Jesus say “no” to here?
2. How does this impact us?

### Application:

1. Which of these 3 temptations do you struggle with most: “you are what you have,” “you are what you do,” or “you are what people think of you?” Explain
2. Which of these 3 practices will you choose to follow for the Lenten season: “do without,” “do less,” or “do without human approval?” Why?
3. How will you find the strength to do this? What do you hope the result will be?
4. Identify a daily spiritual discipline that will deepen your relationship with God. This will be your daily practice during this Lenten season.

**Possible Closing Prayer:** Lord, with the help of the Holy Spirit, give us the strength to say no to a lesser good so that we can yes to a greater good, spending more time with you. In Jesus’ name, Amen.