

Life Group Study Guide: Loved what you heard on Sunday? Want to go deeper? The life group study guide will help you unpack what you heard on Sunday, while diving deeper into God's word.

Connect:

- *What does the voice in your head sound like? Are you naturally a pessimist or optimist?*

Digging Deeper: Read Matthew 4:1-11

- *What stands out to you from this passage of scripture? Give the Holy Spirit a moment to lead you to specific thoughts, words, or phrases. What insight, questions, or observations do you have? Write them down, and as a group try to answer them.*
- *What condition was Jesus in when Satan appeared to tempt Him in the desert?*
- *How did Satan tempt Jesus? What was Jesus' response?*
- *What might we learn from Jesus, and how we are to battle the temptations of Satan in our own lives?*
- *What role did God's word play in Jesus' life?*

Make It Personal:

- *We can often be our own worst enemy. When do you find that you tend to be ungracious toward yourself?*
- *What role does God's word play in your life? Have you ever found yourself battling Satan's lies with God's truth?*
- *Review the Thought Audit that we did as a Church on Sunday. Share your results with your Life Group.*
- *On Sunday, Pastor Jason asked the question, "Are you excited about where your thoughts are taking you?" Why or why not? Share your answer with your Life Group.*
- *Pastor Jason gave us three ways to win the battle with toxic thoughts. Which step do you find the hardest? How might you take a step this week to place these into practice?*
- *What is one take away or action that you have gained from this week's sermon, life group, or personal study?*