

New Day: Week 5 (Discovering Discipleship – Part 1) Teaching Guide

Intro: In his book *The Ragamuffin Gospel*, Brennan Manning tells the story of his alcoholic past. He shares a story about a group therapy session. One man, Max, denied he had a problem. The therapist pressed him to acknowledge that Max's daughter's death was a result of his drinking. Max finally broke down and admitted his alcoholism. Though it was a difficult time for Max, this was beginning of his healing.

What do we do with constant temptation, addictions, and failures?

1. Jesus was tempted (Luke 4:1-13)
 - a. 3 temptations: stone to bread, bow down and receive this kingdom, jump from the temple roof
 - b. Each temptation was very real and very hard
 - c. Jesus responded with Scripture after each temptation
 - i. His response is our model
 - ii. He lived by the Scriptures
2. How do the Scriptures help us when we're tempted?
 - a. The Law is perfect and revives our soul (Psalm 19:7-13)
 - b. Scriptures are like a sword, laying open what needs to be addressed (Hebrews 4:12)
 - c. The Holy Spirit uses Scriptures as a weapon to conquer the enemy and to heal (Ephesians 6:17)
 - d. Our temptations aren't unique and it's not a sin to be tempted (1 Corinthians 10:15)
3. The Scriptures give us the tools to overcome temptations
 - a. They help us turn around (repent)
 - i. Luke 13:3-5
 - b. They help us breathe out (confess)
 - c. They help us breathe in (meditate on God's Word)

Conclusion: David Young remarked that he had recently lost 45 pounds in the last 5 months. In the past, he had used food as a drug for stress and anxiety. Instead, he has chosen to claim the benefits of feeding on God's word.

Through this experience, David has learned that by relying on His Word, God can work a healing inside of us.