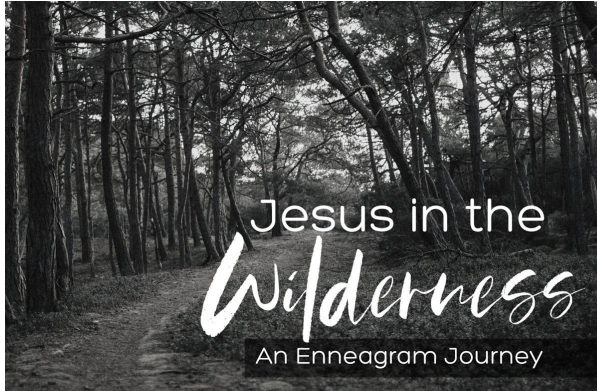


JESUS IN THE WILDERNESS: HEAD

March 1, 2020

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Matthew 4:1-4

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Context

In Matthew chapter 3 Jesus went into the Jordan to be baptized. There a voice from heaven declared "This is my Son, the Beloved, with whom I am well pleased." The testing that follows in chapter 4 challenges what it means for Jesus to embrace this identity. In addition, the journey of Israel is mirrored in the journey of Jesus--both

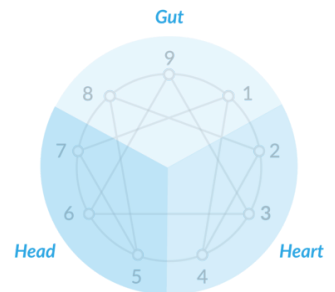
passed through waters (Jesus baptized in the Jordan, Israel crosses Red Sea) and both in wilderness (Jesus 40 days, Israel 40 years). Importantly, in the wilderness God provided Israel with bread from heaven (manna). But Jesus refuses to rely on miracles for sustenance.

ENNEAGRAM

The Enneagram is a spiritual tool meant to capture the 9 distinct ways people show up in the world and relate to others (see next page for listing of types). "Ennea" comes from a Greek word meaning 9 and "gram" means a written symbol.

The Enneagram is further subdivided into three groupings. Each grouping is centered on a kind of intelligence: head, heart, and gut.

The three temptations of Jesus can each be traced to a center of intelligence and its corresponding drive.



Temptation to make bread instantly → Head
(drive for security)

Temptation to be seen publicly → Heart
(drive for acceptance)

Temptation to rule immediately → Gut
(drive for control)

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REFLECT & DISCUSS

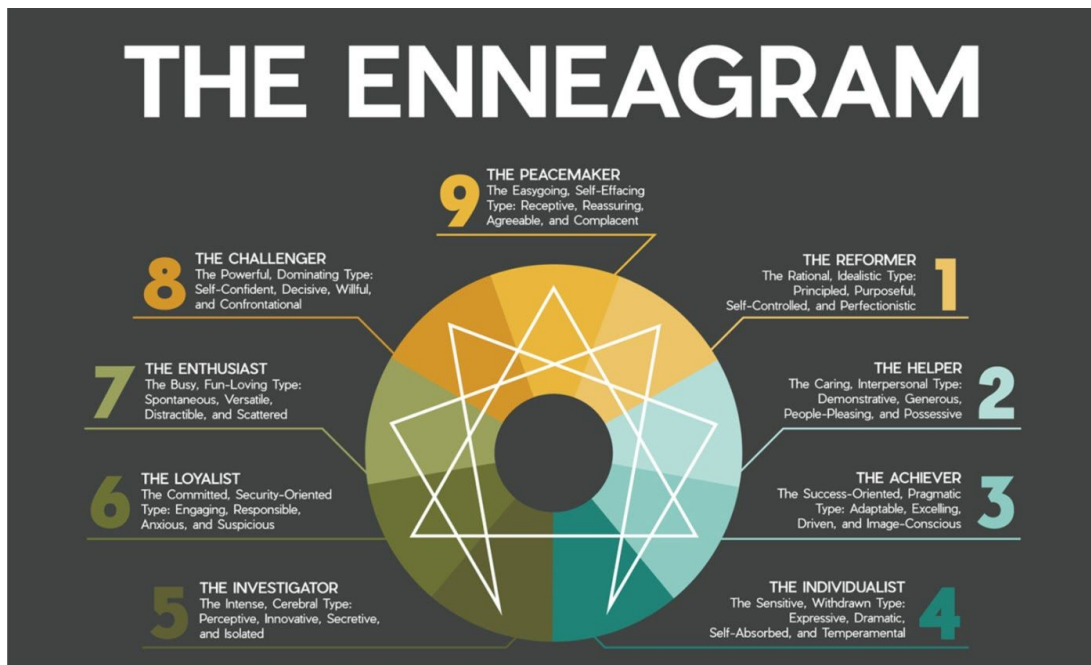
1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase or image stands out to you?
2. Have you ever fasted? Why did you do it? What did you experience or learn? If you are fasting or practising Lent in some way this year, how is it going?

Refer to the **Lent Guide** at southelkhorccc.org/lent to get ideas on how to creatively engage this season.

3. Jesus was tempted *after* fasting and prayer. The spiritual journey in the wilderness strengthened him for the time of trial. What spiritual practices strengthen you?
4. Jesus resists an immediate, miraculous fix to securing food. He doesn't give in to anxiety about having 'enough' and instead trusts God to be enough. How do you struggle with this temptation to secure 'enough' (fun, finances, facts, friends, etc...)? What can you learn from Jesus?
5. Jesus is tempted with his own gifts (later he will make bread for a whole hungry crowd). How might our very gifts also be our greatest traps?

LENT RESOURCES

Resources, guides, devotionals, and more available at southelkhorccc.org/lent



Listen Online

Sermon audio available at southelkhorccc.org/sermons