

# The 5 Practices RESISTING

## Recap & Session Thoughts

- Discuss how the past few weeks have gone in regards to intentional times of REFLECTING, RELEASING & RECEIVING.
- Write down and discuss anything that caught your attention in the video.

REFLECTING RELEASING RECEIVING **RESISTING** RESPONDING

## Discussion Questions:

1. Read the Temptation of Jesus in Matthew 4:1-11. What are the specific things that Jesus was tempted with?
2. What are some consistent negative thoughts/actions that you find yourself needing to RESIST lately? Remember that we all are vulnerable in different ways. Be as specific and honest as possible.
3. What are some victories or places of vulnerability that you have learned to RESIST well in your journey with the Lord? What techniques did you use? How did you interact with the LORD through it?

## Next Steps

RESISTING is often easier to do throughout the day when we set ourselves up properly in the morning. This week use the Lord's prayer in the morning to submit each facet of your day to the Lord, specifically ask for provision in areas of need, forgive those who have offended you and receive forgiveness for things you have done recently. Finally specifically ask for awareness and strength to RESIST the things that you are vulnerable to stumble in. Notice how this affects your day and we will discuss it in 2 weeks.

*If you need to talk further about anything discussed tonight your leaders have other resources and are eager to discuss these things with you.*