



#### Devotion Guidelines:

1. Keep it short and interactive
2. Read the Scripture passage together with each person reading a verse
3. Ask questions about each verse
4. Ask each child how they will apply what they have learned from the verses. (Even your young children) You, as a parent, also share what you will apply. Remember that Bible study is for application and transformation not just for information.)
5. Pray together as a family (You and your children can take turns praying)
  - For each other's requests
  - To ask for God's help to apply what you have learned

## Read Together:

**Luke 4:1-4** *Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry. And the devil said to Him, "If You are the Son of God, tell this stone to become bread." And Jesus answered him, "It is written, 'Man shall not live on bread alone.'"*

**1 Timothy 4:7-8** *"7...discipline yourself for the purpose of godliness; 8for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come."*

## Talk Together:

1. In Matthew 4:1-4, What do you learn about Jesus? Why did he not turn the stones into bread to satisfy His hunger when Satan tempted him?
2. How do you feel when you want something and you have to wait?
3. In 1 Timothy 4:7, how do we learn to wait? What does self-discipline mean?
4. What are the benefits of disciplining yourself for the purpose of godliness according to 1 Timothy 4:8?

## Conviction:

I will discipline myself for godliness.

## Application:

How will you apply the lesson to your life?

## Pray Together:

Dear Lord, help us to be filled with Your Holy Spirit and to be disciplined in all our ways. Enable us to wait when we need to for our best interest. In Jesus' name, Amen.