

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	Matthew 4:1-11	The temptation of Jesus
Monday	Deuteronomy 8:1-9	We do not live on bread alone
Tuesday	Deuteronomy 6:13-19	Do not test the Lord
Wednesday	1 Corinthians 10:1-13	Warnings about temptation
Thursday	Galatians 6:1-10	Watch yourself!
Friday	Hebrews 4:14 – 5:10	Christ was tempted as we are
Saturday	Psalms 38	Confessing our sin
Sunday	John 3:1-17	For God so loved the world

SCRIPTURE VERSE FOR THIS WEEK:

Jesus answered, "The Scriptures say: 'No one can live only on food. People need every word that God has spoken.'" *Matthew 4:4 (CEV)*

SAY, PRAY AND BLESS:

A Prayer for the Week:

Lord Jesus, please help us when we are tempted to do wrong. Make us strong through your words. Amen.

Mealtime Prayer:

Loving God, thank you for giving us daily bread. Make us hungry not only for food, but for your Word, the true source of life. Amen.

A Blessing to Give:

May God keep you safe when you are tempted. May God feed you with life-giving words, so that you stay strong in your faith. Amen.

CARING CONVERSATION:

In the small catechism, Martin Luther wrote about the different parts of the Lord's Prayer, including the petition about temptation (or the time of trial). Here are his thoughts:

Save us from the time of trial.

What does this mean? It is true that God tempts no one, but we ask in this prayer that God would preserve and keep us, so that the devil, the world, and our flesh may not deceive us or mislead us into false belief, despair, and other great and shameful sins, and that, although we may be attacked by them, we may finally prevail and gain the victory.

Discuss on your household or small group:

- What do these words mean to you? Share about a time when you felt tempted in some way.
- How was Jesus tempted by the Devil in the desert? What can we learn from Jesus' responses?

DEVOTIONS:

Jesus says that our life depends not only on eating food, but also on every word that God speaks. This week, connect God's word with your bodily eating by beginning each meal with a short Bible reading. Have everyone in your household choose a favorite Bible verse to be read on a particular day of the week. If possible, display these verses (perhaps on postcards) for all to see.

SERVICE:

Genesis 2:15 says that God put Adam in the Garden of Eden to "work it and take care of it." Volunteer some time as a household to assist a neighbor with their gardening or outside cleaning, or to help maintain your church grounds or a local recreation area.

RITUALS AND TRADITIONS:

Make a "wilderness box" as a feature for your table or home devotional area this week. Line the inside of a shoebox with plastic. Fill most of the box with soil, putting a layer of sand over the top and placing some stones and dead twigs into the sand. Then, tie together two small bare branches in the shape of a cross and place this in the middle of the box. When you gather together say this prayer: Lord Jesus, when you were tempted in the wilderness you did not give in. Please help us to be strong when we are tempted. Thank you for going all the way to the cross for us. Amen.