

BONUS Bible Journaling Notes for Lent 1: Luke 4: 1-13

Jesus' Temptation in the Wilderness



You may also want to look at the story of Jesus' experience of 40 days of fasting and prayer in the wilderness and the temptations he faced.

Read Luke 4: 1-13.

Note words, phrases or images that jump out at you.

You may notice that:

- Temptation came straight after the affirmation of Jesus at his baptism. He could be confident of his authority as the Son of God, and God's love and pleasure in him, but he is also vulnerable.
- The first temptation focuses on his basic need for food, the place where he is weakest at that point after 40 days of fasting.
- The second temptation focuses on power – the very thing that God has given him at his baptism. Will he take it too far and go after 'authority and splendour' for its own sake?
- The third temptation tests his relationship with God. Will he ask God to defy the laws that he has put in place just to prove a point?
- In each instance Jesus combats temptation with Scripture.
- You could use words and pictures to journal around each of these 3 temptations in turn, or you could focus on the story as whole, representing it with colours on your page and then adding insights and prayers and any other thoughts you may have. Can you identify with any of these 'temptations'?
- How would you have responded in Jesus' place?
- What would be the consequences of giving in to the various temptations you face yourself?
- What could be the consequences of focussing on God when confronted by the various temptations you face?