



### Ice Breaker:

- Share a time when you had to prepare for something significant in your life. How did you feel during the preparation, and what was the outcome?

**Short Summary of the Sermon:** The sermon, delivered by Rob, focused on the importance of preparation in our spiritual lives, using the story of Jesus' temptation in the wilderness from Matthew 4 as a foundation. Rob emphasized that before God can use us effectively, we must be prepared by gaining control over our physical appetites, our use of power, and our pride. He highlighted the significance of fasting and prayer in gaining self-control and the necessity of humility in our walk with God. The sermon concluded with a call to allow God to transform us into the likeness of Christ by surrendering our minds, bodies, and emotions to Him.

### Group Questions:

1. What stood out to you the most from the sermon, and why?
2. How do you relate to the idea of being called by God but needing time to prepare before taking action?
3. In what ways do you struggle with controlling your physical appetites, and how can fasting and prayer help in this area?
4. How do you handle the power and authority you have in your life, whether at work, home, or in other relationships?
5. Discuss a time when pride affected your actions or decisions. How can humility be cultivated in our daily lives?

**Life Application:** Reflect on the three areas of temptation discussed in the sermon: physical appetites, power, and pride. Identify one specific area where you feel God is calling you to grow. Consider practical steps you can take this week to work on this area, such as setting aside time for fasting, prayer, or seeking accountability from a trusted friend.

**Challenge:** This week, choose one day to fast from something that you feel has too much control over your life, whether it's food, social media, or another habit. Use the time you would normally spend on that activity to pray and seek God's guidance in gaining self-control and preparing your heart for His purposes. Share your experience with the group next week.