

**BodyBuilders**  
**18 February 2018 – First Sunday in Lent**

**Share:**

- *What does Lent mean to you? When were you last in a “wilderness”?*
- *Are you “giving anything up” (fasting) during Lent? If so, what?*



**Readings:** Genesis 9:8–17; 1 Peter 3:18–22; Mark 1:9–15.

**Theme:** *Into the wilderness – Mark 1:9, “The Spirit immediately drove him out into the wilderness.”*

**Talk/Reflect:**

- Why did Jesus go into the wilderness (Mark 1:12)?
- Why was Jesus not alone in the wilderness (Mark 1:13)? What else did He have going for Him (John 14:16-18)?
- What is the difference between TEMPTATION and TESTING (James 1:13-14; Romans 12:2, 1 Peter 1:6-7)?
- How do we know we have “passed” the test (James 1:3)?
- How do we learn to be overcomers in the wilderness (Romans 8:37; Mark 9:29; Matthew 4:4)?
- What difference did the wilderness journey make for Jesus (Luke 4:1, 14)?



**Pray:**

- *That we are led by the Holy Spirit.*
- *We are not led into temptation, but pass through the tests God puts before us.*
- *We learn to be “more than overcomers” through fasting, prayer and God’s word.*

**Bless each other by reading Psalm 25:1–10. Teach Me Your Paths.**

Of David.

To you, O LORD, I lift up my soul.

<sup>2</sup> O my God, in you I trust;  
let me not be put to shame;

**let not my enemies exult over me.**

<sup>3</sup> Indeed, none who wait for you shall be put to shame;  
**they shall be ashamed who are wantonly treacherous.**

<sup>4</sup> Make me to know your ways, O LORD;  
**teach me your paths.**

<sup>5</sup> Lead me in your truth and teach me,  
for you are the God of my salvation;  
**for you I wait all the day long.**

<sup>6</sup> Remember your mercy, O LORD, and your steadfast love,  
**for they have been from of old.**

<sup>7</sup> Remember not the sins of my youth or my transgressions;  
**according to your steadfast love remember me,  
for the sake of your goodness, O LORD!**

- <sup>8</sup> Good and upright is the LORD;  
**therefore he instructs sinners in the way.**
- <sup>9</sup> He leads the humble in what is right,  
**and teaches the humble his way.**
- <sup>10</sup> All the paths of the LORD are steadfast love and faithfulness,  
**for those who keep his covenant and his testimonies.**