

## Cell Leaders' Notes: January 22<sup>nd</sup> 2012

Theme: "Jesus Humanity"

### Welcome:

Write the name of a superhero on a post-it note, and put it on the forehead of a member of your group, but make sure they don't read it. They need to guess which superhero they are by asking questions of people in the group. Do a different one for each member of the group.

### Word:

Read Matthew 4.1-11

- Do you struggle with the idea that Jesus was 100% human? Do you think you could live the life Jesus lived, and do what Jesus did, or not?
- If Jesus wasn't human, would his temptations be real?
- If all temptations begin with desire, what desire lay at the heart of Jesus' temptations?
- Do you think Jesus overcame his temptations as a human being, or as God's Son? What difference does it make?
- What principles in this passage can help us as we battle with temptation?

### Worship

Play a worship song (either 'Stronger' or 'Before the Throne of God Above', or another appropriate song), and as you do, get each person to write on a sheet of paper any areas of temptation they are battling with. It might be appropriate to share these in a smaller group or prayer triplet, but in the larger group simply end this time with prayer, praising Jesus that just as He overcame sin and temptation, so He can give us the strength to do so, and that His Spirit and His word are available to us as tools for battle.

### Witness

Though Jesus overcame temptation and never sinned, he was often accused of hanging around with "sinners". Have we ever been accused of that? Or are we too afraid to be influenced by non-Christians and therefore avoid their company?

Cell Notes by Frank Hinds 22<sup>nd</sup> Jan 2012

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