



## Message Outline

*A Doctor's Diagnosis of Jesus:  
Diet*

**Luke 4:1-30**

**Intro:** Dr. Luke's data pivots from OB/GYN, Pediatrics, Genetics (Lk.1-3) to Diet, Exercise, and Sleep...

v.1-2a—God's plan isn't always the oasis; sometimes it's the wilderness!

v.1-3—Temptation to eat and echo of Eden (cf. Gen.3)...

v.4—Jesus' diet plan!!!

- Human hunger deeper than physical food alone...

- Jesus quoting Deut.8:3 (cf. Mt.4:4)...

v.5-8—Another temptation; another response from Scripture...

v.9-13—Misuse and correct use of Scripture...

v.14-15—From tempting to teaching...

v.16-19—The process of pinpointing a passage...Jesus knew His Bible!

v.20-21—"Today"..fulfillment found in Jesus!

v.22-30—Jesus pulling from OT

stories...sticking to diet in sticky situations!

### Steady Diet of Scripture



- Jesus quotes it (v.4, 8, 12), proclaims it (v.18-19), understands His life in relation to it (v.25ff.).

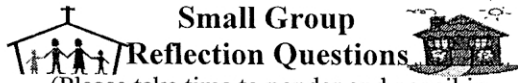
1) \_\_\_\_\_  
• Parents diet effects kids diet(Dt.11:18-19).

- Mary/Joseph and Jesus' upbringing (Lk.2:22ff.).

2) \_\_\_\_\_  
• God's Word compared to "bread" not "grain"—ie. it's a process!!! (4:4, Dt.8:3).

3) \_\_\_\_\_  
• Needing feeding for living (Heb.4:12a).  
• Needing daily nutrient from God's Word!

4) \_\_\_\_\_  
• This Book points us to the Cook! (Jn.5:39)



## Small Group

### Reflection Questions

(Please take time to ponder and pencil in to prep for this week's small group session.)

*Read: Acts 16-17*

*\*What do you observe about the early church in Acts?*

*\*What spoke to you this past Sunday (ie. what made you laugh, learn, look deeper at life etc.)?*

*\*If Satan were going to use a food to tempt you, what would be your weakness?*

*\*When do you think you are most vulnerable to being tempted (ie. hungry, tired, angry, sick etc.)?*

*\*Jesus fought the tempter by quoting Scripture. Can you think of a time when Scripture helped you in a situation in life?*

*\*Can you think of a phrase or saying that people mistakenly think is in Scripture or a passage people use incorrectly? How would you answer an inquiring friend who is hung up on their being so many interpretations of the Bible?*

*\*What was Jesus' condition at the end of the 40 days in the wilderness? What do you think this part of Heb.4:12 means, "For the word of God is alive and active..."?*