



GraceWay Church Groups

Discussion Guide

Jan 11th – 17th, 2026

“Wk 2: The Fasting Edge”

Open It

1. What's the longest you've ever committed to something hard (a workout plan, diet, project, etc.)? What was the outcome?

Read It (Matthew 4:1-11)

2. Why was Jesus led into the wilderness, and by who? (vs. 1)
3. How did Jesus respond to each temptation made by Satan? What phrase did Jesus repeat in His responses to Satan? (vs. 4, 7, 10)
4. What caused Satan to leave Jesus, and what happened immediately after Satan left? (vs. 10-11)

Get It

5. What does this passage show us about the authority of God's Word? Give examples.
6. What does Matthew 4 teach us about the relationship between *hardship* and *obedience*?
7. Jesus was *led by the Spirit* into the wilderness *to be tempted*. How does this change your perspective on difficult seasons in your life? How does this passage help us see why it is important to decide an outcome *before* discomfort comes rather than during it?
8. Paul compared the spiritual life to athletic training. What parallels do you see between physical training and spiritual discipline? How does this comparison relate to your own life?
9. What's the difference between having spiritual intensity versus spiritual consistency, and why does God honor consistency more? What are some spiritual disciplines that feel hardest to stay consistent with—and why?
10. The sermon states that '*emotions make terrible leaders.*' What are some practical ways we can lead our emotions rather than be led by them?

Apply It

11. This week, identify one area where you've been waiting to 'feel ready' before obeying God. Make a firm decision about that area and take one small, concrete step of obedience each day, regardless of how you feel. Remember that breakthrough begins when your mind is made up before your feelings catch up.
12. How can we pray for you this week?