



The Perfect Day

Discussion Guide

Wouldn't it be great to have just one "perfect" day? There may never be a day without some type of speed bump or obstacle, but every day can be a "perfect" day when we are guided and accompanied by God Himself.

Jump Start

1. What would your "perfect day" look like?
2. **Choose a time.** Read [Mark 1:35](#) and [Matthew 6:33](#). If we want to follow Jesus' example and do what He did, what will we do? Why is first thing in the morning best? If it's easy for you, why? If it's hard for you to do consistently, why? How could you make a morning quiet time easier to maintain?
3. **Choose a place.** Read [Luke 22:39](#) and [Mark 1:35](#) (again). Scripture implies that Jesus not only got away early, but He went where? Why would a barren place be good? If you have a specific place for your Quiet Time, share about it and what makes it special and effective.
4. **Memorize.** Read [Psalm 119:9-16](#). List all of the ways the psalmists is interacting with God's Word. Notice that many of these ways assist in memorizing the Scripture and planting God's ways deep into your heart. Did you download and try Scripture Typer? What were your experiences?
5. **Pray.** Throughout your quiet time, there should be a thread of prayer. Before you read the Bible, ask God to speak to you through His Word. As you read a devotion, ask God how the thought or nudge you feel in your spirit applies to your life and actions. Consider praying through the concepts and needs outlined in "the Lord's Prayer." Read [Matthew 6:9-13](#). What basic things should you do/pray about in your prayer time? What else did you hear in the message about your prayer time?
6. **Final Thought:** What is the biggest obstacle to your "perfect day"? Remember, the power that you need to walk in the Spirit comes from spending time with God and in His Word.

Deeper

Luke 4:1-13 (ESV)

¹ And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness ² for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

³ The devil said to him, "If you are the Son of God, command this stone to become bread."

⁴ And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

⁵ And the devil took him up and showed him all the kingdoms of the world in a moment of time, ⁶ and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. ⁷ If you, then, will worship me, it will all be yours."

⁸ And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'"

⁹ And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down from here, ¹⁰ for it is written, "'He will command his angels concerning you, to guard you,'¹¹ and "'On their hands they will bear you up, lest you strike your foot against a stone.'"

¹² And Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.'" ¹³ And when the devil had ended every temptation, he departed from him until an opportune time.

7. List some spiritual disciplines you find in verses 1 and 2.
8. How does the devil tempt Jesus?
9. How does Jesus always reply? Why? Where are these passages found?
10. What is different about the 3rd temptation in verses 9-11? What does this tell us? How can this prepare us?
11. What is the most important lesson for a believer in the passage above? What do you see that applies to your life?