

# Week 1: What am I looking for?



“Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came...”

Matthew 4:1-3a

*Read the full Gospel  
Matthew 4:1-11*

Have you ever peered into the mirror, gazed into the reflection of your own eyes, and asked, “Who are you?” For many people, the struggle to be their real self has been swamped by their efforts to stay afloat in this big, wide world. We can imagine, with Jesus being fully human, that he had no less a struggle with his identity, and perhaps the story of his temptation in the wilderness reflects our own temptations on our road to authenticity, to being the best version of ourselves.

We have a choice to follow life's temptations. These may be everyday distractions which take us away from any self-examination. These may be fake truths we have come to believe about our self, that we are not worthy of love, or somehow our past story means we can never be whole. Another temptation may be following an identity defined by what we do, such as equating our value with our work or family status. The fear is that following such paths diminishes who we are at our heart and may leave us feeling we have never truly lived.

Jesus invites us to *live life to the full*. What does living life to the full look like? Famously, Jesus says, *love God, love neighbour and love yourself*. In brief, we are to live knowing we are made in God's own image, and that God loves us as God's own children, and seeks for our union with God and all humanity. Following Jesus means seeking to be a disciple, believing Jesus is our reason for hope and making an effort to live out our discipleship by getting to know Jesus better, connecting with other believers, and reaching out to others in God's great love, living an intentional life of discipleship.

## *For Reflection*

What attracts you to the invitation to live as an intentional disciple: someone who connects with Jesus, connects with community and seeks outreach to others? What questions do you have about living this way?