

PULPIT COMPANION

YOU HAVE
PERMISSION TO
SAY NO

LUKE 4:1-13

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In this powerful message, we're challenged to embrace the transformative power of saying 'no' in our spiritual journey.

Drawing from Luke 4:1-13, we explore Jesus' temptation in the wilderness and learn how to stand firm against the enemy's tactics. The central theme revolves around recognizing and resisting three key doubts: the doubt of provision, the doubt of position, and the doubt of protection. We're reminded that God's love and promises are unchangeable, giving us the authority to resist temptation.

This message encourages us to trust in God's provision, remain faithful to our calling, and rely on His protection without testing Him. By understanding that 'faith is not forcing God's hand, but holding onto God's hand,' we're inspired to deepen our trust and walk confidently in our faith journey.

SCRIPTURES FROM PULPIT AI

- Isaiah 58:6
- Philippians 4:19
- Luke 4:1-13 (main text)
- Deuteronomy 8:3 (alluded to by Jesus' response)
- Matthew 16:26
- Proverbs 14:12
- Psalm 91:11-12
- Isaiah 41:10





DEVOTIONAL

Day 1: The Power of Saying No

Reading: Luke 4:1-13

Devotional: Jesus' encounter with temptation in the wilderness teaches us the power of saying "no" to the enemy's lies and "yes" to God's truth. Just as Jesus responded to each temptation with "It is written," we too must arm ourselves with God's Word. Today, reflect on areas in your life where you need to exercise the power of "no." Are there temptations or doubts that you've been entertaining?

Remember, you have permission to say no to anything that contradicts God's promises and plans for your life. Pray for strength to stand firm in your faith, even when faced with attractive shortcuts or compromises.

Day 2: God's Unfailing Provision

Reading: Philippians 4:19-20

Devotional: In times of lack or uncertainty, it's easy to doubt God's provision. But today's reading reminds us that our God shall supply all our needs according to His riches in glory. Reflect on times when God has provided for you in unexpected ways. How can you cultivate a heart of trust in God's provision, even when circumstances seem dire?

Remember, man does not live by bread alone, but by every word that comes from the mouth of God. Today, choose to nourish your spirit with God's promises rather than fixating on temporary lack.





Day 3: Embracing Your Identity in Christ

Reading: Ephesians 1:3-14

Devotional: The enemy often attacks our identity, making us question our worth and position in Christ. But today's reading affirms the incredible blessings and identity we have in Jesus. You are chosen, adopted, redeemed, and sealed by the Holy Spirit. Meditate on these truths. How does knowing your true identity in Christ change the way you face challenges or temptations?

Today, practice speaking these truths over yourself, especially in moments of doubt or insecurity. You have permission to confidently embrace who God says you are.

Day 4: Trusting God's Protection

Reading: Psalm 91

Devotional: God's protection doesn't mean we'll never face difficulties, but it does mean He is with us through every trial. Today's psalm beautifully illustrates God's care for His children. Notice how the psalmist speaks of dwelling in God's presence as the key to experiencing His protection. How can you intentionally "dwell" in God's presence today?

Remember, we don't need to test God's protection by putting ourselves in unnecessary danger. Instead, we trust His promise to be with us always. Reflect on how you can align your actions with faith in God's protective presence.





Day 5: God's Unchanging Love

Reading: Romans 8:31-39

Devotional: The foundation of our faith is God's unwavering love for us, demonstrated most powerfully through Jesus Christ. Today's reading assures us that nothing can separate us from God's love. Reflect on the phrase from the sermon: "God loves you, and you can't change that." How does the certainty of God's love empower you to face life's challenges? In what areas of your life do you need to more fully embrace this truth?

Today, let God's unchanging love be the lens through which you view every circumstance, relationship, and decision. Allow His love to give you confidence to say "no" to sin and "yes" to His will for your life.





SMALL GROUP GUIDE: Permission to Say No

Opening Prayer:

Key Takeaways:

1. God gives us permission and power to say "no" to temptation.
2. Jesus faced three key temptations: doubt of provision, doubt of position, and doubt of protection.
3. Our faith is strengthened by knowing and trusting God's Word.
4. God's love and promises are unchangeable, giving us confidence to resist temptation.

Discussion Questions:

1. The sermon mentions three "ifs" or temptations Jesus faced. Which of these do you find most challenging in your own life and why?
2. Pastor emphasized the importance of knowing Scripture to combat temptation. How can we practically incorporate more Bible study into our daily lives?
3. The sermon states, "If you have to compromise to get it, you'll have to compromise to keep it." Can you share an experience where this principle proved true in your life or someone you know?
4. How does understanding God's unchanging love and promises help us resist temptation?
5. The pastor mentioned that the enemy often twists Scripture. How can we guard against misinterpretation or manipulation of God's Word?
6. Reflect on a time when you said "no" to temptation. How did it impact your faith journey?





Practical Applications:

1. Memorize a key Scripture verse this week to use when facing temptation.
2. Identify an area in your life where you need to exercise your "permission to say no." Share with the group and pray for each other in these areas.
3. Practice saying "yes" to God's promises this week. Each day, affirm one of God's truths over your life.
4. Create accountability partnerships within the group to encourage each other in resisting temptation and growing in faith.

Closing Prayer:

Thank God for His unchanging love and the power He gives us to resist temptation. Ask for strength to say "no" to temptation and "yes" to God's will in the coming week.

