







# Strength for the Journey

## “Christ the King”

Matthew 4:17



Notes:

### Strength through Prayer:

Spend a few moments as a group in silent, personal prayer. Commit yourself to Jesus as the sole authority of your life. Ask him to help you respond to life in ways that please him, rather than succumbing to your first instincts.

You may want to begin your prayer with these words:

“Lord Jesus, you are my authority, my King. Since I am under your management, enable me by your Spirit to respond to the situations of life in ways that honor you.”

When you are finished with this time for silent, personal prayer, you may want to move into a time of group prayer, praying for one another.

### Closing Call to Action:

We need to practice the “first instincts drill”: When we get into a tense or difficult situation and are tempted to react in the wrong way, hit the pause button. Take time to check in with Jesus and his Word; talk to a Christian friend or pastor. Make this commitment:

I will not go by my first instincts. I will live according to the authority of my King, Jesus Christ. He is the manager of my life.

A vertical column of horizontal dotted lines for taking notes.