



WEEK 3

LESSON PARENT GUIDE



THE BIG IDEA

Jesus helps me when I'm tempted.

THE BIBLE

The Temptation of Jesus: Mark 1:12-13; Matthew 4:1-11;

Hello Parents! We want you to succeed at home with your kids in helping them grow in their relationship to God. That is why we created this Parent Guide. We hope you and your kids have fun while doing this!

Use the suggested Script below to tell the story and/or click the link to have kids watch the video for the Bible lesson. Then do the follow up activities. You do not have to do them all. These are just options for your family.

SCRIPTURE | Mark 1:12-13; Matthew 4:1-11

- **INSTRUCTIONS:** *Use a large cookie to use as a prop as you tell the story. Read today's Scripture in segments while talking to your child.*
- Doesn't this cookie look delicious? The only problem is, I promised myself that I was going to cut out sweets this week so I can be healthier. But it's so hard! So all of you have to help me not be tempted by this cookie, okay?
- Our story today actually talks about temptation and how Jesus dealt with being tempted. It starts by Jesus being led into the wilderness to be tempted by the "tempter," or the devil, who did not want Jesus to overcome this challenge.
- *[Read Mark 1:12-13.]* Jesus fasted for forty days and forty nights. Does anyone know what fasting means? Jesus didn't eat anything at all for forty whole days!
 - Jesus chose to pray and fast so that he could focus on spending time with God without any distractions. But at the end of forty days, Jesus was very hungry and that's when the devil came up to Jesus.



- *[Read Matthew 4:1-4.]* If I were Jesus, and I was that hungry, I might have turned the stones into bread like the devil told him to or – ooh! Maybe I would have turned it into a yummy cookie like this. Just one bite won't hurt . . .
 - *(Pretend to eat the cookie then pause for the kid(s) to react and tell you to stop).* No, you're right. I need to be strong. Jesus had nothing against food, but he said that knowing and obeying God's words was more important!
- *[Read Matthew 4:5-7.]* After the devil's first try at tempting Jesus, he took Jesus up to the holy city and had Jesus stand on the highest point. The tempter did everything possible to get Jesus to give up or to show off. But once again, Jesus used God's words – the Bible – to resist it.
 - It's like with this cookie. I could eat one cookie, right? It's no big deal. How is one cookie going to hurt me? So I'm just going to eat it, okay? *(Pretend to eat the cookie again.)* Okay okay. I hear you. Even if it doesn't seem like a big deal, I will be breaking the promise I made to myself if I eat this cookie.
- *[Read Matthew 4:8-10.]* The temptation didn't stop there. The devil told Jesus to look out over everything and offered it all to Jesus. But Jesus did not back down or give in. Jesus spoke God's words back to the tempter and overcame temptation.
 - We are usually tempted with things that look good but are very bad for us. What if someone came up to me and said, if you eat this cookie, I'll give you an entire cookie factory? That sounds pretty tempting. But I would be breaking a promise to gain something that I probably shouldn't have – more sweets!
- *[Read Matthew 4:11.]* Jesus was strong. Every time the devil tried to tempt Jesus, Jesus responded by using what the Bible says about how we should live our lives. And because Jesus did not give into the devil's temptation, the devil ran away and angels came to take care of Jesus.
 - I guess I can be strong against the temptation of this cookie. I don't need you, cookie! You have no power over me! *(Throw it in the trash can so the kid(s) can see.)*

VIDEO | Challenge Accepted, Episode 3

- INSTRUCTIONS: Play this week's [teaching video](#).

RESPONSE | Temptation Touchdown (Great for elementary aged kids)

- INSTRUCTIONS: Give each kid a 4.25" x 11" piece of paper (a regular piece of paper cut in half lengthwise). Have kids write down something that they might be tempted to do, such as being mean to a sibling, sneaking a snack from the kitchen, lying about finishing homework, etc. After they are finished, teach them how to [fold the paper into a football](#). Create tabletop footballs posts or use your hands to make one and have kids flick their footballs through the posts.
 - OPTIONS FOR YOUNGER KIDS OR SPECIAL NEEDS HACK: Assign an older sibling, another adult, or yourself to discuss with them about what they could write, and if needed, write it on the paper for them. Create a slingshot they can



pull back to get their paper football through the goals rather than flicking it with their fingers.

- Even though we might all be tempted by different things, temptation still happens to all of us. But Jesus is with us and helps us to overcome it. After all, if anyone would know, Jesus would know how to fight temptation – he's been through it, too!
- Let's flick our paper footballs through these goal posts to remind ourselves that we win when we don't give in!

ACTIVITY | Coloring Page (Great for preschool aged kids)

- **INSTRUCTIONS:** *Provide this week's coloring page and some crayons or markers. Review today's Bible story and Big Idea as the kids color.*

NOW WHAT? What does God want us to do about it?

REFLECTION | Who Are We Tempted By?

- Temptation happens to all of us. You don't have to share it out loud, but think about how you would answer this question: Who are we tempted by?
- Sometimes it's not even a single person. It might just be that you're in the wrong place. Or you're watching or listening to the wrong influences.
- Close your eyes and think of the people, places, or even things that are sources of temptation for you. Pray a silent prayer to Jesus, asking him to help you the next time you face any of these things again. Remind yourself: Jesus helps me when I'm tempted.

PRAYER

- Jesus, thank You for knowing what it's like to be tempted. Our struggle with temptation is very real, but You are here to help us with them. We believe You can help us with everything at all times, including when we are tempted. Amen.

EXTRA DISCUSSION POINTS

- How long had Jesus been fasting in the wilderness?
- How many times did the devil tempt Jesus?
- When tempted, how did Jesus respond each time?
- Read Psalm 25:4-5. How can you follow the paths God has for you?
- What is a temptation that is hard to resist?
- What do you think you should do when you are tempted?
- How does Jesus help us when we are tempted?

THE BIG IDEA: Jesus helps me when
I'm tempted.

THE BIBLE: The Temptation of Jesus:
Mark 1:12-13; Matthew 4:1-11; (Psalm 25:1-10)

