



Luke 4:1-13

Aim: to see how God helped Jesus to resist temptation



We have all known and faced temptation. After Jesus's baptism the Bible tells us that he was led into the wilderness by the Holy Spirit and there he fasted for 40 days. During that time he was tempted by the devil. Jesus was hungry, starved of food, his Heavenly kingdom and of the recognition he was rightly due. The devil knew Jesus's weak spots and hit below the belt, but Jesus, set his face like flint. He resisted and rebuked the tempter. He had endured the test and had proven

that he was ready for the task that lay before him.

When we resist temptation it makes us stronger, too. Although Jesus had to face temptation alone he did have the power of the Holy Spirit. With God's help we too can face and resist temptation, even at our weakest point or resistance. Knowing what it was to face human temptation gave Jesus even more determination to pursue his life's mission to break the power of evil, and that's exactly what he went on to do.



Give each child a small piece for soft fruit (Strawberry, satsuma segment, grape or banana – check regarding allergies) or a biscuit.

Don't eat the fruit yet. I have to go and get our Big Bible story book for our story. Then we can eat our snack.

Leave the room for a moment then come back with the book.

Its time to eat our snack.

React in a fun way to what you discover. If all the children still have their snack congratulate them. If they have eaten it, act surprised but don't tell them off.

So sorry to keep you waiting. It is so tempting to eat yummy treats. Now is the time to munch while we listen to the story. What a pity if yours is already gone!



In our story today we hear about a time when Jesus was tempted. Read Jesus in the desert (p 133).

I think it must have been very tricky for Jesus, especially when he felt so hungry, to say 'no' to all those things that seemed so nice. He knew it was bad for him. He had to get ready for a very special job and that's exactly what he did as soon as he had said no to all those very tempting things.



- *I wonder what it was like for Jesus in the desert*
- *I wonder what would have happened if Jesus had said 'yes' to tempting things*
- *I wonder if God has a big job for me to do*



Read What if everybody did that? By Ellen Javernick

Have a discussion about what kind of things we might be tempted with. Jesus answered each temptation with Scripture. See if you can come up with some verses or Bible stories that might help resist that temptation

[Jesus is Tempted | Bible Fun For Kids](#) free printable resource that you can cut up and put together in the right order.



- **Play a marshmallow dash game:**
Can the children take 1 small marshmallow or alternative appropriate soft sweet at a time from a bowl at one end of the room to the other end without stopping to eat it? Count 5 marshmallows (or other tempting treats) into the bowls then start the challenge in teams along the room. Count the treats at the end. How many get to the other end?

- **Get ready game:** Have sets of play clothes. Set a challenge for the children to put on all the clothes. Race against each other or against a clock
- **Desert craft:** Remind everyone that it would have been very dry in the desert. Print the wavy line template below on card for each child/family. Taking one section at a time, glue below the line, then pour different coloured sand on so it sticks.
- **Small world play:** Offer a tray of sand with rocks for a mountain and small toy figures. Encourage everyone to reenact the story.



Learn the Makaton sign for 'help' to use in the prayer.

<https://youtu.be/OgWqlqmi5bU>

Hold one hand out in front and rest the other in a vertical fist on top of your palm. (Like holding a cup and saucer) Draw both hands close to the one who needs help. So, for 'help me', draw your hands closer to yourself.

Dear God,

Please help me to be strong

Help me to do good

Help me to say 'no' to things that make you sad.

Help me to be kind and to do what's right.

Amen

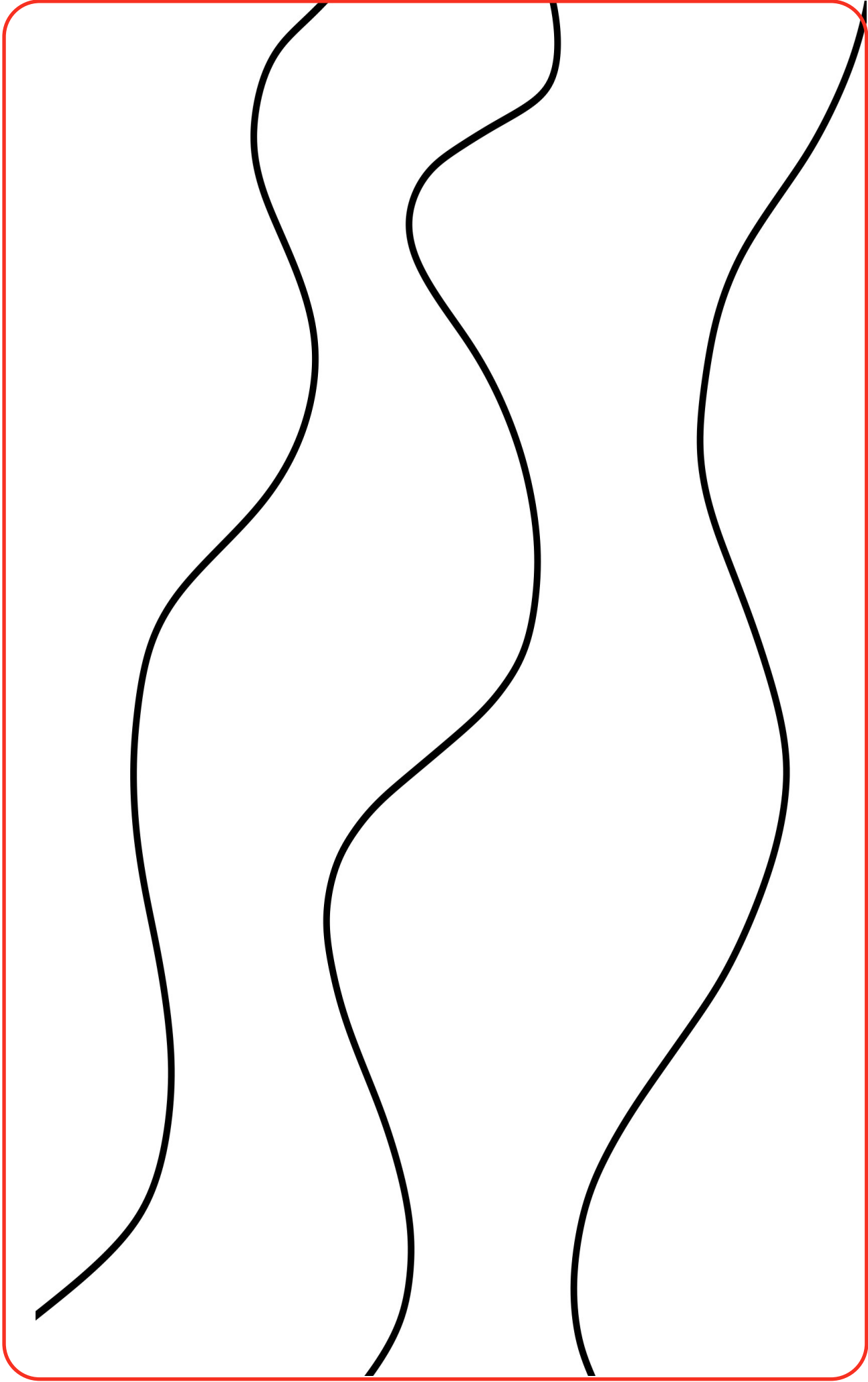


- Shine
- I am a lighthouse
- I wanna do right - https://youtu.be/q5cWRJE_Kb0



Encourage families to use the Makaton sign to ask God to help them when they are tempted to do something wrong or not do something good

Watch a short video clip of the story.
<https://youtu.be/afzoWMTkKHY>



Jesus was led into the desert by the Holy Spirit for 40 days. He had no food and was very hungry. The devil tried to get Jesus to do the wrong thing but Jesus said 'NO!'