



LENT



LENTEN FAMILY ACTIVITY BOOKLET

4 LESSONS ABOUT TEMPTATION

LESSON 1

The Lenten season is often misunderstood. It is seen as a time when one gives up something loved like chocolate, social media, or favorite food. But understanding why something is being given up is not always understood. So, let us talk about what it means to sacrifice something we love. It is one way we can connect with Jesus. Jesus was in the wilderness fasting for forty days. That's right. He fasted- no food for forty days. Lent is for forty days. Do you see the connection? By giving up, fasting from, or sacrificing something that we enjoy, we acknowledge the sacrifice that Jesus made by fasting in the wilderness. The sacrifice represents the desire to focus on Jesus and not the temptation of wanting the thing we gave up.

Speaking of temptation, not only did Jesus fast from food, but he had an unwanted visitor in the wilderness trying to tempt him three different times. This unwanted visitor was Satan. He thought he could get Jesus to be tempted into his sneaky plans just to prove that Jesus wasn't God's son. Do you think Jesus listened to Satan? Nope. But, each temptation was a lesson for us to learn we can overcome temptation like Jesus. In the next few weeks, we will learn more about these temptations and how we can stand firm against Satan when he tries to tempt us. Temptation is a desire to do something that we probably shouldn't do.

Can you think of ways that you have been tempted?

This week, watch this short video on YouTube. It is a short cartoon that represents Matthew 4: 1-11. It will help understand the interaction between Jesus and Satan in the wilderness. Activities and questions will follow. <https://youtu.be/mc-x4qKY6Wc> (or search: The Temptation of Jesus. It is provided by Saddleback Kids.) The video is a little over 2 minutes.

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10 Jesus' refusal was curt: "Beat it, Satan!" He backed his rebuke with a third quotation from Deuteronomy: "Worship the Lord your God, and only him. Serve him with absolute single-heartedness."

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REFLECTIONS:

What is something you can give up for Lent?

Why are you giving this up?

What is one way that you can focus on Jesus when you think about the thing you are giving up?

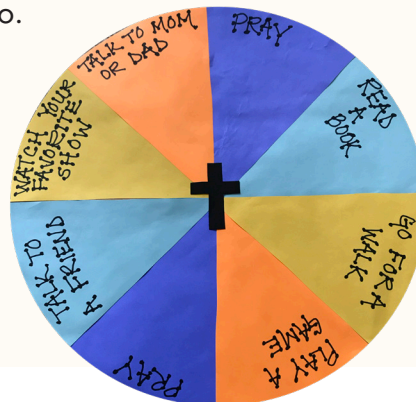
Jesus faced temptation not once but three times from Satan. What are some ways you have been tempted?

ACTIVITY:

Materials Needed:

- Plain paper, old wrapping paper, poster board (your choice of what you have available)
- Colored paper
- Coloring utensils- crayons, markers, colored pencils (your choice)
- Scissors
- glue or tape

1. Create a large circle on your paper (about the size of a large paper plate or bigger)
2. Fold the circle in half, then quarter, then into eights. When you open the circle, there should be 8 pie shapes.
3. Trace one of the pie shapes onto your colored paper. Create 8 pie shapes in various colors- or use your coloring utensils to make each look different.
4. Glue or tape the pie pieces to your large circle.
5. On each piece, write a positive activity (ex. play outdoors, family game, read my Bible...)
6. In the center, draw a cross. This is our reminder that our goal is to remember Jesus and stay focused on him.
7. Take the piece of paper and write things that tempt you. Crumple it up, and now it is your object to throw at the target. Whatever area you hit, complete the positive activity in place of what tempts you. For example, if you hit the cross, do something you know that Jesus would want you to do.



LESSON 2

Temptation #1: Turning stone into bread

Last week we learned about the meaning of the Lenten season. The forty days of Lent represent the forty days that Jesus spent in the wilderness. We also learned that Jesus had an annoying and uninvited visitor during his time in the wilderness—Satan. Satan thought he could trick Jesus into temptation because he thought Jesus was vulnerable and weak from fasting. Satan was wrong. This week we will learn about the first temptation and how this same sneaky test can tempt us.

Read the Scripture below again. What is the first temptation? How does Jesus respond?

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REFLECTIONS:

Jesus was hungry from fasting. Satan thought he could tempt Jesus to turn stones into bread. Think how easy it would have been for Jesus to have food in an instant to make his hunger go away. Instead, Jesus found the temptation by responding, “It takes more than bread to stay alive. It takes a steady stream of words from God’s mouth.” What is it that you want but do not need?

Have you ever had the case of the “gimmies?” (Slang for “give me.”) You know when you want something so badly, you say, “gimmie, gimmie, gimmie.” Those moments are not usually because of something we need but something we want right then and there. Can you think of a time when you had a case of the gimmies?

ACTIVITY:

Materials:

- (Template of bread slices) x7 (1 for each day of the week, plus 3 blank to write your own Scripture if you would like)
- Scissors
- tape or glue
- Scripture verses
- Basket, container, bag

Today’s focus was on the first temptation from Satan. He tried to convince Jesus to turn stones into bread. But, Matthew 4:4 says, Jesus answered by quoting Deuteronomy: “It takes more than bread to stay alive. It takes a steady stream of words from God’s mouth.”

For this activity, you will create a “stream of words from God’s mouth,” daily Scripture. Then, as you pull a slice of bread from your container, basket, or bag, be reminded that the words are from God. They will sustain you and provide for you. Do not be tempted by Satan to search for temporary things to satisfy you. The Word will sustain you.

For your activity, you will:

- Need to cut out seven slices of bread (See last two pages of entire packet). One slice of bread for each day of the week.
- Cut out the Scripture verses on the next page, and attach them to the slice of bread.
- Place the slices of bread into a basket, container, or bag.

GOD'S PROMISE TO SUSTAIN US

I cried out, "I am slipping!" but
your unfailing love,
O LORD, supported me.

PSALM 94:18

GOD'S PROMISE TO BE WITH US

Come near to God and he will
come near to you.

JAMES 4:8

GOD'S PROMISE TO BE WITH US

Come near to God and he will
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GOD'S PROMISE- COMPASSION

Cast all your anxiety on him
because he cares for you.

1 PETER 5:7

GOD'S PROMISE- FAITHFULNESS

Those who know your name
trust in you, for you,
Lord, have never forsaken
those who seek you

PSALM 9:10

GOD'S PROMISE TO GUIDE US

I will instruct you and teach
you in the way you should go;
I will counsel you with my
loving eye on you.

PSALM 32:8

GOD'S PROMISE TO PROTECT US

He alone is my rock and my
salvation,
my fortress where I will never
be shaken.

PSALM 62:2

LESSON 3

Temptation #2: Testing Jesus to trust God's protection

This week we learn about the devil tempting Jesus differently. He thinks that by taking him to a high place, the Temple, he can convince Jesus to jump off the temple and test to see if God will truly protect him and rescue him from the fall. We read in the verse that the devil uses Scripture to try and trick Jesus. I don't know about you, but the idea of putting myself in harm's way and seeing the result doesn't sound smart. Using God's word to trick someone is also not what God wants. God's word promises to protect us. He is our refuge. He is our shelter. Jesus responds in confidence, saying, "Don't you dare test the Lord your God." That is a warning to the devil that Jesus will not be tricked into doing something that is not from God.

REFLECTIONS:

Have you been tricked into something that you know was wrong but did it anyway?

How did you feel after doing the wrong thing?

The devil thought he was sneaky by using God's word to pressure Jesus into temptation. What are some tricks the devil might try to use with you?

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ACTIVITY:

Trust Fall

For this activity, you will need a partner and an open space. A trust fall is deliberately falling backward into the arms of the person standing behind you. It is an exercise in trusting the person will catch you.

Jesus could have jumped and known that God and his angels would protect him. Jesus also knew that he could trust God for that protection. Instead, he chose not to jump because Satan was testing him.

The activity for you today is to know that you can trust the person standing behind you. You can't see them, but you trust them. We trust Jesus to protect us and be with us, even though we can't physically see him.

LESSON 4

Temptation #3: Turn from God and Worship Me

In this last attempt at temptation, the devil takes Jesus to the peak of a mountain top. He can look out into the earth's spacious and glorious kingdom. The devil suggests that Jesus could have all the kingdoms as his own if he simply bows down and worships the devil. I'll give you one guess what Jesus did. Any ideas? That's right, Jesus said, "no way." As a matter of fact, the Scripture verse reads, "Beat it, Satan!" When we are tempted to do something wrong or take something that could compromise our beliefs, we need to be firm and say, "no way!"

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REFLECTIONS:

If you knew you could have the very thing you have always wanted, but it would come with the cost of worshiping something or someone over God, would you do it?

There are things that we need and things that we want. Name one thing that you want. Name one thing that you need. What are the differences between the two?



ACTIVITY:

Materials:

- Magazines or catalogs
- Scissors
- Paper
- Glue
- Pen or pencil

You will write the word “NEED” on one side of the paper and “WANT” on the other for this activity. Using the magazines or catalogs, cut out pictures of things you want and things you need. Then glue those images under the headings. Share with your family why you chose those items. Discuss the differences between wanting and needing something. Jesus could have had all the earthly kingdoms if he just worshipped the devil instead of God. The devil tried to trick Jesus into wanting something, but Jesus needed God. Jesus didn’t need the earthly kingdoms or even want the earthly kingdoms.

