

SUNDAY MARCH 9TH

LENT 1



READINGS

ROMANS 10 VERSES 8 – 13

LUKE 4 VERSES 1 – 13

Caring God, we pray for those who are tempted to do bad things...

Please help them.

For those trying to survive in terrible situations...



Please help them.

For those who once thrived, but are now
struggling...


Please help them.

Amen.

Tools to survive and thrive

After his baptism, Jesus left the River Jordan, and the Holy Spirit led him into the wilderness. He stayed there for 40 days and nights. For those 40 days and nights the devil  appeared to him and tempted him . For those 40 days and nights Jesus did not eat, and he was very hungry. So the devil tried to tempt him for a first time, saying, 'If you really are God's Son, then turn this stone into a loaf of bread.' But Jesus refused and replied, 'It isn't only bread that a person needs to live.'

The devil tried to tempt him a second time. He took Jesus to a place where they could see all the kingdoms of the world and said, 'Worship me and all this can be yours.' Jesus refused and said, 'Worship the Lord your God and serve only him.'




The devil tried to tempt Jesus a third time. He took him to Jerusalem, to the very top of the Temple, and said, 'If you really are God's Son, then jump – throw yourself down from here. It is written in the Scriptures that God's angels will protect you; they will catch you; they won't even let you hit your foot on a rock.' Yet again Jesus refused, replying, 'Do not put the Lord your God to the test!' 

The tempting was over, so the devil left Jesus. But only for a while – he was just waiting for another opportunity.

See session outline on p16

Stop and share

Read the story and pause at the  to share these points with the children.

-  The devil is a personification of evil – one who tempts us or lies and tricks us to do wrong.
-  To tempt means to encourage someone to do something wrong with the promise of pleasure or gain.
-  Jesus responds with words from the Hebrew scriptures, known to us as the Old Testament – the first part of the Bible. Jesus would have known these scriptures very well.



A version of the story for under 5s

Share the story

Pass round a story bag and invite the children to choose an object or picture to help you tell the story:

Jesus, desert, stone, crown, temple, angel.

Jesus went out into the desert where he was tempted by the devil.

The devil said to him, 'If you are the son of God, you can turn these stones to bread,' but Jesus said, 'No. God gives more than bread.'

Then the devil led Jesus up to a high place and showed him all the kingdoms.

Again, the devil tried to tempt him: 'If you worship me, I will make you the king of all of this!'

But again, Jesus said, 'No. Worship God alone.'

Then the devil led him to the highest point in the Temple.

'If you're the son of God,' he said, 'throw yourself off, the angels will catch you!'

But again, Jesus said, 'No; Do not test God.'



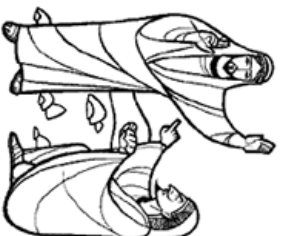
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Jesus is tempted in the wilderness

The Temptation of Jesus

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. Luke 4:1-2a (NIV)

The puzzle is based on Luke 4:1-13 (NIV).



H O L Y C T W J Q O F D C T D
 T Y C E L R Z N O F G V I L Y
 E E O M W S W E Q R V T I Y F
 M V M Y C T O S T M D V N M G
 P A M P V O R P F A E A E X P
 T B A B L N L I E D W L N I A
 E L N G H E D R X L A M H I U
 D C D D A M B I H S A S X G T
 L U I M N Z K T U R L N E H
 F I A W G Z J R B O N U Q T O
 W P V B E F E U W Y X G R H R
 G C L E L J D C W H Z E R N I
 Q X I A S U T A H X S X G Y T
 P X M F O R T Y Y E E X U Q Y
 K I N G D O M S D S P E N Z Y

SPIRIT	DEVIL	DAYS	JORDAN	STONE
HOLY	LIVE	ANGELS	AUTHORITY	WORSHIP
DESERT	TEMPLE	COMMAND	BREAD	WORLD
TEMPTED	FORTY	KINGDOMS	JERUSALEM	HUNGRY

Under 5s

Sleeping lions

Play sleeping lions: how long can the children resist the temptation to move?

Painted pebbles

Provide pebbles and paints and remind the children of the stones in the story. Invite them to paint something on a pebble and to put it somewhere that will remind them to listen to God's voice.

CHILDREN



Survival game

Consider the tools God gives us to survive and thrive

You will need: a range of survival items (e.g. torch, matches, safety pin, bandage, Kendal mint cake, plasters), towel.

Click on the image to view a larger version.

- Display the range of survival items for 60 seconds and ask the group to memorise what is there.
- Cover the items with a towel, remove one and reorder the remaining items. Remove the towel and ask who can spot what is missing.
- Repeat this a few times, discussing how each item helps someone survive in the wilderness. What 'tools' does God provide to help guide us through life?

Rocky road

Bake cakes to reflect on God's ingredients for thriving

You will need: baking tray, baking paper, digestive biscuits, rolling pin, chocolate, golden syrup, mini marshmallows, raisins or dried fruit, icing sugar.

- Help the children to use a rolling pin to crush some digestive biscuits (about 200g for a large baking tray) into chunks.
- Ask them to mix these together with a handful of dried fruit and a generous helping of mini marshmallows.
- Melt some chocolate and ask the children to mix this into the dry ingredients until they are covered.
- Line a baking tray with baking paper and ask them to spread the mixture evenly over the tray.
- Chill it in a fridge until it sets then it can be cut into pieces to share.
- Reflect on the verse 'It isn't only bread that you need to live'. What are the ingredients God provides to help us thrive in life?

Survival guide

Make a book of God's survival tips

You will need: A4 paper, one page origami notebook instructions ([example 1](#); [example 2](#)).

- Give each child a sheet of paper and help them follow the instructions to fold it into a simple notebook.
- On each page, ask them to write down an encouraging statement or verse about God. See for suggestions.
- Encourage the children to keep their notebook in their school bag or pencil case, as being something they can turn to as a reminder when life gets testing.

Talk together and talk to God

Discuss the theme, then bring your thoughts together in prayer

- When have you felt that life was tough?
- Who did Jesus turn to when he faced trials?
- How does God help us not only to survive, but to thrive?

Create a wilderness

Think about wilderness times in life


You will need: paper, card, colours, sand, stones, a base for the model (e.g. a baking tray).

- Ask the group what the wilderness might be like. Talk about it being a difficult place to spend time.
- Encourage the young peoples to use what is available to create a diorama of the Judaeen wilderness.
- Talk together about wilderness times in life and faith. What tips for survival can they share that will inspire others in difficult times?

Prayer for strength

Reflect on temptations we face

You will need: paper, pencils and the means to play the music track.

-  Play '[Lord, I Need You](#)', Matt Maher on *All The People Said Amen*.
- Invite the group to listen to the music and, if it helps, write down ways in which they might be tempted in the coming week.
- As you say the prayer, invite the young people to tear their papers up.

Lord, give us strength to survive and the wisdom to thrive.
Amen.