

CHALLENGE ACCEPTED

WEEK 3

BIG IDEA

Jesus helps me when I'm tempted.

BIBLE

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

LARGE GROUP TIME

WHAT?

ACTIVITY | All Ears

- **INSTRUCTIONS:** Give each team a stack of ten cups. Blindfold one teammate, who will have to build a tower based on the instructions from the team. The blindfolded kid will have to listen closely to their teammate to build their tower quickly, and the rest of the team is not allowed to touch the cups to help, even if any of it falls. The team to have a standing tower first will earn 100 challenge points!
- **Do you know what being "tempted" means?** It's when you strongly want to do something you know you should not do.
- **Was it hard to build the tower without being able to see? How many of you that were blindfolded were tempted to just remove the blindfold?**
- **For the rest of you who were giving instructions, how many of you were tempted to just stack the tower yourselves?**
- Sometimes, it can be very difficult to follow directions, especially when we think we're right or we just really want something. Today's Bible story is going to tell us what to do whenever we are tempted to do things our own way instead of God's way.

MUSIC | "Born to Run"

- **INSTRUCTIONS:** Play "[Born to Run](#)" by [SEU Worship](#). This week, as the song plays, tell the kids to get into groups and create a dance routine.

ACTIVITY | Tempted

- **INSTRUCTIONS:** Give each kid a mini candy bar (choose one without nuts). Tell the kids that they are free to eat their candy now. But if they wait for five minutes without eating their candy bar, something good might happen. Then have the leaders go around and try to entice the kids to eat their candy – they can start eating some candy near the kids, tell them there's no guarantee the next thing is going to be better, or you could even play a couple candy commercials! Any kid who hasn't eaten their candy at the end of five minutes can get 10 challenge points added to their team's score!
 - **PRETEEN HACK:** Extend this activity to span the length of your group time, and swap out the mini candy bar to full size candy bars for kids who manage to not eat their candy the entire time!
- **Was it hard to resist eating the candy bar? What made you decide to eat your candy? What helped you to not eat your candy bar?**

OBJECT LESSON | To Swing or Not to Swing

- **INSTRUCTIONS:** For this activity, prepare a foam ball and a baseball bat, tennis racket, or something else that you can swing.
- **Who can tell me what this is?** That's right, it's a [bat or racket]. How does it work? Yes, I have to swing it in order to hit the ball, like this (*demonstrate*).
- Now, let me see if I can hit this ball without swinging. (*Have a kid throw the ball in your direction, but don't swing.*) It doesn't work!
- This is similar to how temptation works. Someone or something can tempt us, but we are the ones who make the decision to either listen to

temptation or do what is right. It's our choice to swing or not to swing.

SO WHAT?

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

- **INSTRUCTIONS:** Use a large cookie to use as a prop at the front of the room as you tell the story. Read today's Scripture in segments while talking to the kids, or get a volunteer to read for you.
- 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 kids 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 kids can see.*)

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

- **INSTRUCTIONS:** *Like last week, have 2 volunteers hold up a giant banner with the words "Big Idea" written across it. Choose as many kids as there are words in the Big Idea and give each of them a piece of paper with their word written on it! Send them running through the banner one at a time to reveal this week's Big Idea! (Be sure to use paper that's easy to tear and/or perforate the paper a bit in the middle to make sure kids can tear through.)*
- Everyone let's look at this Big Idea banner while clapping and cheering

as loudly as we can.

- Let's turn this into a cheer: **Jesus helps me when I'm T-E-M-P-T-E-D!**

VIDEO | Challenge Accepted, Episode 3

- **INSTRUCTIONS:** *Play this week's teaching video.*

RESPONSE | Temptation Touchdown

- **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 or purchase tabletop football posts and have kids flick their footballs through the posts.*
 - **SPECIAL NEEDS HACK:** *Assign a peer or leader who can 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 | Trust Your Guide

- **INSTRUCTIONS:** *Choose one kid from each group to come forward and be blindfolded. Their small group leader is going to help them kick a soccer ball into the goal while blindfolded. However, inform them that while trying to score a goal, the other teams will yell the wrong advice and try to confuse them. Encourage them to only listen to the voice of their small group leader. Each team will have one minute to try to score,*

and the team to make the most goals in that timeframe will earn 100 challenge points! For smaller environments, use a hula hoop at one end of the room instead of a goal.

- **PRETEEN HACK:** Set up some cones and have the blindfolded volunteer dribble the soccer ball around the cones before getting to the goal. They will have to listen for instructions from their teammates to navigate safely to their goal.
- **SPECIAL NEEDS HACK:** Kids with mobility accommodations can be spun in circles while blindfolded and then throw the ball toward the goal, rather than kicking it.
- There are a lot of voices we can listen to, but Jesus is always our guide and will help us when we are tempted.

SCRIPTURE | Psalms 25:1-10

- A lot of times at sporting events, the crowds do the wave to show support for their favorite team or player. Well, let's cheer for God, who helps all of us beat temptation! Whenever you heard the word "Lord," let's all stand and do the wave!
- **INSTRUCTIONS:** Have the kids sit around you in a circle. Read the passage aloud. Every time you read the word "Lord," pause reading and have kids stand and do the wave all the way around the circle. You may want to practice doing the wave a few times before reading the passage.
- This passage reminds us that whenever we face temptation, we can follow the example of Jesus by remembering all the promises God has made to us. **Jesus helps me when I'm tempted!**

NOW WHAT?

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.**

ACTIVITY | Knock Down Temptation

- **INSTRUCTIONS:** Using a [toy bowling set](#), label each pin with letters spelling "TEMPTATION," and one of the bowling balls with "Jesus". Set up the bowling pins in a way that is impossible for the kids to get a strike or spare with the other bowling ball. After two tries, grab the ball labeled "Jesus" and knock down all the remaining pins with it.
 - **SPECIAL NEEDS HACK:** If someone is unable to physically participate in this activity use small groups of 3 to a team and encourage them to work together to knock down the pins.
- We are able to handle most temptation that comes our way. But when we can't, we can always count on Jesus to knock it down for us.
Jesus helps me when I'm tempted!

MEMORY VERSE | Volley Verse

- **INSTRUCTIONS:** Write the memory verse somewhere kids can read it easily, and recite the verse together a few times. Then have kids spread out around the room, then toss a [beach ball](#) to the group while saying the first word of the memory verse. Have them volley the beach ball among the group, and every time someone touches the ball, the group has to say the next word in the memory verse. Have them try to get through the entire verse without letting the ball fall on the ground.
 - **SPECIAL NEEDS HACK:** Write the memory verse on the ball. Instead of volleying the ball in the air, have them pass it around like hot potato. When the music stops, whoever is holding the ball gets

to read the verse aloud from the ball.

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.

SMALL GROUP TIME

DISCUSSION

- **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?**
- **Re-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?**

ACTIVITY | Game Plan

- **INSTRUCTIONS:** *Use the mini chalkboard from previous weeks. Have them write some things that start with each letter of the word "TEMPTED" that might be tempting for them to do. They might not necessarily be "bad" things but they can be when done in excess or at times when they shouldn't. Feel free to give suggestions if they're stuck (e.g., TV, movies, Minecraft, donuts, pranks, teasing, eavesdrop, electronics, etc.)*
 - **PRETEEN HACK:** *Have preteens make an acrostic using the letters of "TEMPTED" to create their "game plan" for what they can do to overcome temptation (e.g., "Talk to God, Eagerly read the Bible,*

Make time for God, Pray, Thank God for strength, etc.)

- Here's our game plan for the week: When you feel yourself getting tempted, remember what we heard about today: "**Jesus helps me when I'm T-E-M-P-T-E-D!**"

MEMORY VERSE | I John 5:5 (NIV)

- **INSTRUCTIONS:** *Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.*