



WEEK 3

ELEMENTARY LESSON OUTLINE



BIG IDEA

Jesus is perfect.

THE BIBLE

Jesus is Tempted: Luke 4:1-13
(Hebrews 4:15; 1 Corinthians 10:13)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Backwards Sandwich Making
- **QUESTION** | What's the most interesting thing you've eaten?
- **ACTIVITY** | Shaving Cream Writing
- **POLL** | What Tempts You?
- **VIDEO** | Marshmallow Temptation
- **BIBLE STORY** | Matthew 4:1-11
- **THE BIG IDEA** | Jesus is perfect.
- **ACTIVITY** | The Word of Truth
- **ACTIVITY** | Shaving Cream Message
- **SCRIPTURE** | Hebrews 4:15-16
- **OBJECT LESSON** | Jesus Forgives Our Sins
- **ACTIVITY** | Temptation Help Notebooks
- **MEMORY VERSES** | 2 Timothy 3:16; Psalm 118:24

SMALL GROUP TIME

- **DISCUSSION**
 - Why was Jesus so hungry in the wilderness?
 - Can you name the three temptations Jesus faced?
 - How did Jesus combat each temptation?
 - What makes it hard to resist temptation?
 - What can we do when we are tempted?
- **SCRIPTURE** | 1 Corinthians 10:13
- **ACTIVITY** | Make a Meme
- **MEMORY VERSES** | 2 Timothy 3:16; Psalm 118:24



WEEK 3

ELEMENTARY LESSON GUIDE



BIG IDEA

Jesus is perfect.

THE BIBLE

Jesus is Tempted: Luke 4:1-13
(Hebrews 4:15; 1 Corinthians 10:13)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

ACTIVITY | Backwards Sandwich Making

- Welcome to the third week of Not Normal! I hope you have had a not normal week as you have been living the way God wants you to live.
- We're talking about things that aren't normal, so let's make some sandwiches in a backwards and wacky way.
- **INSTRUCTIONS:** *Choose three kids to play and have them sit in chairs. Put a paper plate at the feet of each kid, with two pieces of bread, a piece of lunchmeat, a slice of cheese (to make it more challenging for older kids, include a spoon with some condiments on it). Give them two minutes to see who can make the best sandwich . . . using only their feet! **Note: Kids will not be eating these sandwiches, but be aware of food allergies when choosing kids to play this game.***
- That was a very backwards, not normal way of making sandwiches. Today, we're going to talk about another way Jesus is not normal, and part of our story today involves bread!

QUESTION | What's the most interesting thing you've eaten?

- **Speaking of sandwiches and bread, what's the most interesting or wackiest thing you've ever eaten? What's the most interesting thing you would eat on a sandwich?**
- **Would you eat a peanut butter and pickle sandwich? What about a Poptart sandwich? A pizza and M&M sandwich?**
- **What are some other weird sandwich combinations?**
- **FOR PRETEENS:** *Bring in interesting foods and let them make their own crazy sandwiches.*

- If you were really hungry, like, if you hadn't eaten in forty days, one of these weird sandwiches might taste good if we're going to hear about a time when Jesus was really hungry, and someone made an offer to Him for food, but it wasn't a normal offer, and the way Jesus responded wasn't normal either.

ACTIVITY | Shaving Cream Writing

- Temptation is when someone tries to get us to do something we know we shouldn't do, or when we want to do something we know we shouldn't do.
- **What are some things you or your friends might be tempted to do?**
- Instead of just saying or writing our answers, let's answer this question in a not normal way!
- **INSTRUCTIONS:** *Spread shaving cream onto cookie sheets, aluminum pans, or paper plates. Have the kids spread the shaving cream out and use their fingers to write or draw their answers in the shaving cream. You could use a pan of salt for a less messy option.*
- **FOR KIDS WITH SPECIAL NEEDS:** *For kids who might have sensory aversions to shaving cream, you can put it in a plastic baggie for them to play with, or let them draw with their finger in sand on a cookie sheet.*

POLL | What Tempts You?

- Let's talk about things we've been tempted to do. You can be honest, because we all get tempted! Being tempted doesn't mean we have done those things, it just means we might have thought about doing them.
- **INSTRUCTIONS:** *Designate one side of the room as "yes" and the other side as "no." When you name a temptation, if the kids think they have ever been tempted by that, they should go to the "yes" side. If they haven't, they should move to the "no" side. To make it wacky and backwards, have them walk backwards, or go to the opposite side from what they really mean.*
- *Have you ever been tempted to:*
 - *Eat too much candy*
 - *Watch a tv show you aren't supposed to watch*
 - *Lie to a teacher*
 - *Copy someone else's homework*
 - *Hit or fight a friend, sibling or family member*
 - *Take something that's not yours*
 - *Play video games or use a tablet or phone when you aren't supposed to*
 - *Look at someone's answers on a test*
- **What do you notice about our choices? Are we all tempted by the same things?**
- There are many ways we can be tempted. We can follow the example of Jesus when we face temptations.

SO WHAT? *Why does it matter to God and to us?*

VIDEO | Marshmallow Temptation

- **INSTRUCTIONS:** *Show the kids [this video](#).*
- **What was going on in this video?**

- **What do you think you would have done if you were given this test?**
- Let's read a story from the Bible about when Jesus was tempted.

BIBLE STORY | Matthew 4:1-11

- **INSTRUCTIONS:** *Look up the story in your Bible and encourage the kids to do the same. Read it!*
- **How long was Jesus out in the desert?** He was there for 40 days. During that time, Jesus didn't eat any food. **Why do you think He chose not to eat?** He was doing something called a fast, where He stopped eating food so He could focus on God.
- **Do you think He was hungry?** We might think because Jesus is God that He didn't get hungry, but that's not true! He was also human and the Bible says He was hungry.
- **What was the first thing the devil tempted Jesus to do?** The devil knew Jesus was hungry and told Him to turn stones into bread.
- **How did Jesus respond?** Jesus used a Bible verse to tell the devil He depended on God, not food.
- **What was the second temptation Jesus faced?** The devil took Jesus to a high place and told Him to throw Himself down.
- **What was Jesus's response?** Jesus quoted a verse from the Bible that said we should not test God. We shouldn't put ourselves in danger and then demand God to rescue us.
- **What was the third temptation?** The devil told Jesus to worship him.
- **Did Jesus give in to the temptation?** No! Jesus knew God was the only One who should be worshiped, and He quoted another verse from the Bible.
- **How many of the temptations did Jesus give in to?** None of them!
- Jesus didn't sin even when tempted by the devil. The Bible tells us Jesus never sinned, not one time. He was perfect. Because He was tempted but perfect, we can trust Him to help us when we are tempted because He's been right where we are before.
- That leads us to our Big Idea of the day, which tells us another way Jesus was not normal . . .

THE BIG IDEA | Jesus is perfect.

- **INSTRUCTIONS:** *Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:*
 - *Ask the kids to give you a drum-roll by stomping their feet or patting their laps.*
 - *Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections.)*
 - *Have a character (either recurring or rotating) come out every week to reveal the Big Idea.*
 - *Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, ask someone to come up and read it.*
- This week's Big Idea: **Jesus is perfect.**

ACTIVITY | The Word of Truth

- Jesus responded to every temptation by quoting a verse from the Bible. He shows us how important it is to know God's Word and to rely on God's Word when temptation comes. Let's play a game to demonstrate the importance of knowing God's word.
- **INSTRUCTIONS:** *Prepare a piece of cardboard labeled "Word of Truth." Have the kids write temptations on pieces of paper and make paper wads from them. Then let one kid hold the cardboard as a shield while the other kids try to hit them with paper wads.*

- **FOR KIDS WITH SPECIAL NEEDS:** *This game may get overwhelming for them. You can write some temptations on paper and let them make their own paper wards and throw them at a leader with a shield in another part of the room.*
- **If you didn't have a shield, would it have been easy to stay away from the temptation?** No! You would've been hit!
- **How can God's Word help us when we face temptation?**
- It is normal to face temptation. Everyone is faced with it. We can respond in a not normal way, like Jesus, by using God's Word to help us overcome temptation.

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

ACTIVITY | Shaving Cream Message

- You can't see it, but there's a hidden message about Jesus under this shaving cream. The shaving cream represents all the temptation in the world. Temptation comes at us every day, but we don't have to let it cover us. We can overpower it with the help of Jesus. Let's play a game to see if you can overpower the temptation and clean this board in a wacky way.
- **INSTRUCTIONS:** *Before the service, write "God's Word helps us overcome temptation" on a piece of Plexiglass or a white board. Just before the game, cover the board with shaving cream so the words are completely covered. Call two kids up and challenge them to use squirt guns to clean the board and discover the hidden message. To make it a contest, use two boards and let the kids race to uncover the hidden message.*
- **What was the hidden message?** It says "God's Word helps us overcome temptation." **How can the Bible help us with temptation?** It can remind us about God's love and strength.
- Jesus remembered the words of God when He was tempted. We can remember the words of God when we are tempted.

SCRIPTURE | Hebrews 4:15-16

- **INSTRUCTIONS:** *Look up the verse in your Bible and encourage kids to do the same. Read it!*
- **FOR PRETEENS:** *Show them [this](#) video clip. Then ask them what is appealing about temptation, what is dangerous about temptation, and how God can help them with temptation.*
- **What does this verse say about Jesus?** Jesus was tempted in every way, but He never sinned. He understands how we feel when we are tempted.
- **What does verse 16 say we can do when we need help?** We can turn to God and pray.

OBJECT LESSON | Jesus Forgives Our Sins

- Because Jesus never sinned, He is the only one who can ultimately forgive us of our sins when we do mess up.
- **INSTRUCTIONS:** *Place a penny on a plate and tell the kids the penny represents us. Drop food coloring in a cup of water and tell them we are not perfect, we mess up. Pour the water slowly onto the plate so it barely covers the penny, which is what happens when sin is in our lives. Tell them Jesus was perfect and He came to forgive our sins, then set the candle on the plate beside the penny, and light the candle. Place the glass upside down over the candle. The water will be drawn up into the glass and away from the penny. Watch an example of this object lesson [here](#).*

- We can only be rescued from temptation and sin by trusting in Jesus. He is the only one who was tempted in every way, but is perfect. He died for our sins. We can never be perfect on our own. But we can be forgiven by Jesus.

ACTIVITY | Temptation Help Notebooks

- **INSTRUCTIONS:** Give each kid a small notebook and let them decorate the cover. You could also staple together a few pieces of lined paper to make your own mini notebooks. Have kids write down verses that will help them when they face temptation.
- Here are a few verses they can write in their books:
 - Hebrews 4:15-16
 - James 1:13-18
 - Luke 22:40
 - 1 Corinthians 10:13
 - 2 Timothy 1:7
 - Galatians 5:16-17
 - Psalm 119:11
 - Philippians 4:13
- **FOR PRETEENS:** Have them make a list of all the things they might be tempted by, then match them up with Scriptures that can help them when they're tempted.

MEMORY VERSES | 2 Timothy 3:16; Psalm 118:24

- **INSTRUCTIONS:** Give every kid memory verse magnets or stickers. Then work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming folder and give them to your small group leaders, if you'd like.

SMALL GROUP TIME

DISCUSSION

- **Why was Jesus so hungry in the wilderness?** (He didn't eat for forty days.)
- **Can you name the three temptations Jesus faced?** (Turn stone to bread, throw Himself from a high point, worship the devil.)
- **How did Jesus combat each temptation?** (By remembering the words of God.)
- **What makes it hard to resist temptation?**
- **What can we do when we are tempted?**

SCRIPTURE | 1 Corinthians 10:13

- **INSTRUCTIONS:** Look up the verses in your Bible and encourage kids to do the same.
- **According to this verse, are we ever tempted in a way that no one else has been?**
- **How does it say God will help us when we are tempted?**
- **If God helps us, then why do we still choose to give in to temptation sometimes?**
- **How can this verse help you next time you are tempted to do something wrong?**

ACTIVITY | Make a Meme

- **INSTRUCTIONS:** Give each kid a small sheet of paper and colored pencils. Challenge them to create their own meme about temptation by drawing a picture and adding words such as a verse or their own creative saying.
- **FOR KIDS WITH SPECIAL NEEDS:** Write the verse 1 Corinthians 10:13 on a piece of paper and help them think of ways they might be tempted, and then help them draw pictures of how God can help them. If they are unable to write talk about way they might be tempted and pretend to throw those temptations up to God.
- **FOR PRETEENS:** Have them use a meme-generating app, such as Mematic or Memes Generator to make their meme, and share it with the rest of the kids.
- Do you think kids your age struggle with temptation a lot?
- What did you learn today about what God says about temptation that you think will help you the most?

MEMORY VERSES | 2 Timothy 3:16; Psalm 118:24

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