

SINLESS

Luke 4:1-13

God Story

Jesus in the Wilderness
Luke 4:1-13

Big Idea

Jesus lived a sinless life.

Key Verse

"We have come to believe
and to know that you are
the Holy One of God."
John 6:69

Leader Tip:

Pray for the kids in your
group before they arrive.

Life Story

1. Conversation Starter

2 MINUTES

Lead into today's lesson by talking about temptation.
Introduce the Big Idea.

2. Intro Activity

5 MINUTES

Get the kids moving as they decide how to respond to
common, real-life scenarios.

God Story

Circle Time!

3. Weekly Video

12 MINUTES

Watch the video, which includes host, God Story, Key
Verse and Life Story segments. Recap and discuss the
teaching together.

My Story

4. Small Group Activity

12 MINUTES*

Review the God Story with a fun trivia game.

5. Wrap-Up Activity

8 MINUTES

List ways the kids may be tempted and pray together.

*Extend as needed and adjust timing for other activities

Our Story

5. Dismissal

Connect with parents and give them the take-home materials.

*Extend as needed and adjust timing for other activities

Life Story

1. Conversation Starter

Supplies

- None

Leader Tip:

- This is meant to be a casual conversation as the kids arrive. Move on quickly to the Intro Activity so you have enough time for it before the teaching video.

Instructions:

- a. Welcome the kids and gather the group together.
- b. Let them know that being tempted means wanting to do something you shouldn't do (e.g., being tempted to eat something a parent told you not to or to sneak in extra screen time). To tempt someone else means trying to get them to do something they shouldn't do.
- c. Discuss:
 - Have you ever been tempted to do something that you knew you shouldn't do? What was it?
 - Has a friend or a sibling ever tempted you to do something wrong? What happened?
- d. Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- e. Introduce the Big Idea: Jesus lived a sinless life. He was able to resist every single temptation!

2. Intro Activity

Supplies

- Hula hoops
- A and B signs

Before the Activity:

- Place the hula hoops on the floor at opposite ends of your group's space. (Large groups will have additional hula hoops to go with each sign to accommodate more kids.) Put one sign in each of the hoops.

Leader Tip:

- Make sure that the kids know the purpose of this activity is to illustrate some temptations they might face—it isn't to judge or single out anyone!

Instructions:

- a. Gather the kids to stand around the hula hoops.
- b. Explain that some things in life are hard to resist! In today's God Story, it would have been very difficult for Jesus not to give in. But **Jesus lived a sinless life** even when things got tough for him!
- c. Let everyone know that you're going to read a scenario and give them two responses. They'll move to the A or B hula hoop to show what they might be tempted to do.
- d. Read the following, pausing to prompt the kids to show their responses:
 - What would you do if your friends wanted to see a movie that you knew your parents didn't want you to watch? A. Don't do it. Tell your friends that you won't be joining them. B. Go to the movie and tell your parents about it later.
 - Your dad told you not to eat any snacks before dinner, but you have a granola bar in your room and you're really hungry.

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- A. Eat the granola bar...he'll never know! B. Don't eat it. He'll find out somehow or you'll feel guilty about it.
 - A couple of your friends are using a cool new social media app. Your parents say you're too young to join, but your friends say it's not a big deal. A. Get an account but don't use your real name. Your parents won't find out. B. Don't get an account. If your parents think you're too young, they are probably right!
 - You're riding on the bus with a friend who's listening to music with language in it that you know is not okay. A. Listen to it. What will a few songs do to you? B. Tell your friend that you'd rather not listen to it.
 - You're at a sleepover when someone decides to start making stupid prank calls. A. You decide not to take part but say nothing. B. You say that you're not comfortable with making prank calls and suggest doing something else.
- e. If time allows, encourage the group to suggest more scenarios with two possible responses.
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God Story

3. Weekly Video

Supplies

- Video file

Instructions:

- a. Play the video. It includes:
 - Host segment
 - God Story (Jesus in the Wilderness | Luke 4:1-13)
 - Key Verse segment
 - Life Story (Dan asks kids to share about how we can live sinless lives, how often we sin, and what sin is. He uses axe throwing as an example of sin being missing the mark.)
 - b. Discuss:
 - What was the Life Story about in today's video?
 - What was the God Story about?
 - How do you think these two stories and today's Big Idea (**Jesus lived a sinless life**) connect?
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Our Story

4. Small Group Activity

Supplies

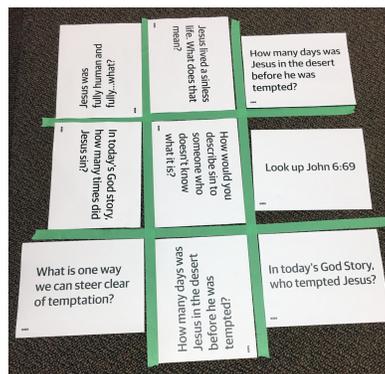
- Masking tape
- Questions
- Bibles
- Popper

Before the Activity:

- Create a grid on the floor with the masking tape (refer to the sample photo on right). Place a question face down in each square.

Instructions:

- Gather your small group to sit around the grid.
- Place the Bibles where everyone can reach them.
- Guide the kids to take turns choosing a question with the popper. They'll set it on the grid. Flip over the question closest to where it lands after popping.
- Read aloud the question and encourage the group to answer it. Prompt them to refer to a Bible as needed.
- Ask a different person to set the popper for the next question.
- Refer to the answers listed below as needed:
 - In today's God Story, who tempted Jesus? (Satan)
 - How many times did Jesus sin? (never)
 - How many days was Jesus in the desert before he was tempted? (40)
 - Each time Jesus was tempted, how did he respond? (he quoted scripture—Bible verses—to Satan)
 - What's one way we can avoid temptation? (e.g., pray for God's help; have a friend help)
 - What does it mean that **Jesus lived a sinless life**? (he never sinned—not even once)
 - How would you describe sin to someone who doesn't know what it is? (falling short or missing the mark)
 - Jesus was fully human and fully...what? (God!)



5. Wrap-Up Activity

Supplies

- Scrap paper
- Pens

Instructions:

- Remain in your small group and sit in a circle.
 - Give each person a piece of scrap paper and a pen.
 - Remind the kids that God wants to help us do the right thing when we feel tempted.
 - Ask them to write one thing they're tempted by on the scrap paper. Let everyone know that others will read these papers aloud; however, no one will know whose paper it is.
 - When the kids finish writing, ask them to crumple their papers and toss them into the middle.
 - Have each person grab a paper—but not their own.
 - Direct the kids to smooth out their papers and take turns filling in the blank as you pray.
 - Pray, "Dear God, please help us stay away from things that tempt us. Help us choose to do what you want us to do when we face temptations. Please help us not to be tempted by [invite each person to read what's on their paper]. In Jesus' name we pray, amen!"
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My Story

6. Dismissal

Supplies

- Crafts
- Take-home cards
- Key Verse cards
- Key Verse colouring pages

Leader Tip:

- Organize the take-home materials so they're easy to access. It may be helpful to sort them before the lesson, then set out any crafts later. Consider having one leader focus on handing out everything.

Instructions:

- Greet parents as they arrive to pick up their kids. Take a moment to share a highlight or two from your time together today.
 - Give everyone a weekly take-home card.
 - Offer a Key Verse card and a colouring page to anyone who has not gotten them this month.
 - Remind the kids to take their crafts.
 - Make sure their security numbers match before they leave your group's space.
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