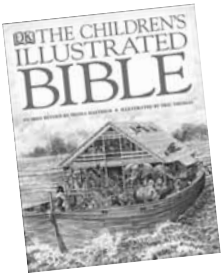


# First Sunday in Lent



*The Children's Illustrated Bible*  
pages 204–205

Jesus was led by the Spirit in the wilderness for forty days. He ate nothing and was very hungry. The devil said, "If you are the Son of God, turn this stone into bread." Jesus said, "It is written, 'We do not live by bread alone.'" Then the devil showed him all the kingdoms of the world and said, "If you worship me, all this will be yours." Jesus said, "It is written, 'Worship and serve only the Lord God.'" Then the devil placed him on the top of the temple in Jerusalem and said, "If you are the Son of God, throw yourself down, for God will send angels to protect you." Jesus answered, "It is said, 'Do not put God to the test.'" When the devil had finished every test, he left Jesus.

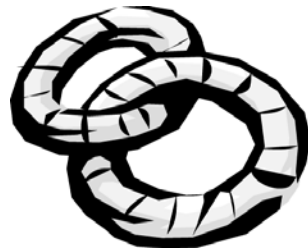
—Luke 4:1–13 adapted

## Jesus Is Tempted

Share the story of Jesus being tempted in the wilderness from Luke 4:1–13 and *The Children's Illustrated Bible*, pages 204–205, being careful to not overly emphasize the devil. The Spirit led Jesus into the wilderness to prepare him for his ministry. Yet God did not leave Jesus alone. He was well prepared for his temptations, because he had studied the scriptures and knew how they applied to each situation.

Knowing we are never alone is a good message for kids. Temptations are what lead us away from God. Jesus' experience in the wilderness shows that when we've prepared ourselves by learning about God, we can resist things that are not good for us or others.

Lent comes from the Latin word *lencten* meaning springtime. Just like spring, Lent is a time for new beginnings. Lent means the forty days of fasting and prayer in preparation for Easter. Some equate the forty days to those Jesus spent in the wilderness preparing for his ministry. Often people "give up" something for Lent, making a sacrifice of things to be replaced by a focus on God. Discuss: What could you do to help yourself think about Jesus these next forty days? Brainstorm ideas. Kids can make a chain of forty links of paper on which they write something (one per day) that they're thankful for, or something to give up each day, replacing it with praying or learning about Jesus or serving others. They may write things now, or write them once they make their chain at home.



## Resist Temptation

We can resist things that are not good for us. Give kids cardboard "shields" and have them write on them one of the answers Jesus gave to resist temptation.

Brainstorm with kids what temptations are. What things would Jesus not like them to do? Cheat on a test? Be unkind to some? Be selfish with gifts? Have kids write ideas on sheets of paper, then wad them up. Kids may throw the paper wads at one another while defending themselves with the shield and the words Jesus said. Discuss after: How did you feel having paper wads thrown at you? How did your shields protect you? God will not leave you alone, but will give you what you need when you follow Jesus and resist those things that take you away from God.

—Adapted from *The Children's Worker's Encyclopedia of Bible-Teaching Ideas: New Testament*, page 60.

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to the  
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—Luke 4:1–13 adapted



Write four things you will do for Lent:

1.

2.

3.

4.

## All About Lent

Fill in the answers:

Lent means \_\_\_\_\_ (take 50, minus

30, add 20) days of \_\_\_\_\_

(when you don't eat, the opposite of

"slowing") and \_\_\_\_\_ (what you

do to talk to God) to prepare for

\_\_\_\_\_ (that big event when

Jesus came back to life).