



JESUS MAKES A CHOICE

IJ1-3

Theme/Value **Self Control**

Notes:

Intro &
Game
Appendix B

Hello and straight into game
No licking, doughnut eating challenge
Ask them about how tempting it was



Story

Ref: Mat 4:1-1
Jesus tempted in the desert - See Appendix A

- What do you want - what I want
- Dreams are good - wrong wants? - examples
- Jesus knows temptation/choice
- Floor is Lava! Illustration
- Grow Self-Control, Go away from Temptation

Reflection
Appendix B

It's Jesus, who is He to you?

Understands temptation, reads, hungers, is powerful...?

Song suggestion

Nothing's too Big - Doug Horley

Prayer

Give me self-control
Give me a good heart for me and for others
Give me confidence
Give me a smart brain for tricky temptations
Give me fast feet when I need to run away
Give me a strong resolve for when I face a tough choice
Give me a desire for good things
Give me a wise mouth to help my friends in their own choices.

Equipment

Doughnuts
PE bench

Suggested Entry Music

Leonard Cohen
'choices'





JESUS MAKES A CHOICE

Ref: Mat 4:1-11

IJ1-3
A

Appendix A: Story

Close your eyes and picture the scene, a barren desert, hot and dry, no shelter, no shade, no water to drink. No plants grow here, harsh winds blow sharp sand into your eyes, the fierce sun beats down on your neck and arms. Your mouth is dry, there is nobody around, no clouds in the sky.

But here comes somebody, a stranger walking towards you, who could it be? It's Jesus! He walks slowly, tired and hungry, sand clings to his clothes and beard, his skin is cracked from the heat. It's Jesus! He's been in the desert for forty days and nights without food or water. It's Jesus, he's come to meet with God's enemy Satan, he's come to the desert to be tested.

Jesus sat down on a large rock, his eyes were red and sore from the fierce hot winds blowing sand into his face, he licked his lips which were parched and cracked, but his tongue was too dry. Jesus' stomach rumbled with hunger, he had been fasting.

"If you are the Son of God," Satan spoke, "you could turn some of these rocks into bread, then you won't be hungry anymore."

"The scriptures say we need more than bread to live," Jesus responded, "that we can rely on God's promises and teaching. I am trusting in God to protect me and give me what I need."

In the blink of an eye the desert was gone, the noise of a busy city filled the air. Jesus looked down; where sand had been was solid stone, they were standing on the highest tower of the temple at Jerusalem. Satan had brought him to the very edge, one step and Jesus could fall all the way to the street below.

"You said you are trusting in God to protect you," Satan mocked, "trusting what it says in Scripture, then what about this? The Psalmist wrote that God's angels will stop you falling and hurting yourself, so why don't you jump from this high roof? If you really believe that God will protect you then surely you can do that?"

"You're right," Jesus said, "that is written in scripture, but it also says 'Do not test the Lord your God'. I do trust in God but I am not going to test him."

As suddenly as it had appeared the temple was gone, Jesus shivered as an icy gust of wind blew past. Now they were on the top of a high mountain, looking out towards the horizon, Jesus could see towns and cities, nations and countries, all the kingdoms of the world.

"How would you like to be ruler of all the world," Satan asked Jesus, "I can make it happen, make you the ultimate King. All you need to do is bow down to me."

"Go away Satan," Jesus retorted, "God has made it clear in his commandments, you must worship the Lord God and serve only him."

In an instant Satan vanished, Jesus was back in the desert all alone once again.

Close your eyes and picture the scene, a barren desert, hot and dry, no shelter, no shade, no water to drink. Your mouth is dry, there is nobody around, no clouds in the sky.

But here comes somebody, a stranger walking towards you, who could it be? It's Jesus! He stands straight and tall, angels have brought him food and water to make him strong again. It's Jesus! He's been in the desert and passed the test, resisted temptation. It's Jesus, he's coming out of the desert to begin his special mission.



Appendix B: Reflection

Introduction

Hello, my name is and I would like 4 volunteers to play a game but they MUST NOT BE ALLERGIC TO DONUTS. Your challenge is to eat this donut without licking your lips, it is NOT a race. Everyone else, if you see them licking their lips I want you to point at them and say 'lip licker!'.

TIP: Have a bit of fun by getting everyone else to lick their lips half way through to tempt them. Plan where you will get the donuts before the day - its harder than you think to find them! Encourage them to wash hands and grab a drink afterwards if needed.

After challenge, ask them how hard they found it, were they tempted?

Notes:

Reflection

[Ask children what they want]

That's stuff all sounds pretty great, I think I'd like some of those things.

[excited] I want a nice burger, I want a new bike – an electric one!

[provocative] I want to be the boss of everything and everybody has to do what I say! Would you like that to?!

We all want things, and that's good – it gives us dreams, and helps us strive and make an effort. I wonder though, if sometimes we want, the wrong things?...

I want to eat all the icing, but not the actual cake...

I want to screw-up my colouring because I made a mistake on it...

I want to tell a lie because I don't want to get into trouble...

I want to give that person a bit of a kick because I feel so angry...

I want to give up because it's just so hard...

I actually feel like that lots of days! Every night I set my alarm to get up and get on, and when it goes off the next day I think, maybe I'll just go back to sleep...

We all get tempted, it is a part of life, and many things we're tempted to do are really good for us, and others. However, many things we're tempted to do... well I might describe them as poor choices.

I love this story of Jesus because it reminds me that he knows just what it's like to be tempted and have to use self-control.

Jesus was actually preparing to start his work that made him famous – performing miracles and teaching about God; and like so many people at the beginning of something new, he was tempted to give up, take the wrong path, do the wrong thing

I like how Jesus uses what he knows about God and his goodness to determine to carry on.

So what can you do WHEN you feel tempted? when you know deep down it's a wrong choice.

[get volunteer] I'm going to say something, and I want you to react straight away.

Ready? "THE FLOOR IS LAVA!!!!" *[hopefully they'll jump on a prepared bench]*

If you ever catch yourself really tempted to do something that deep down you know is wrong, if your friends are daring you to make a bad choice THE FLOOR IS LAVA.. Self-control is something we all grow, and learn to use, but if you're ever tempted by something that is a bit bigger than your self-control, just get away and get some help – talk to a friend and talk to an adult.

One day with good self control practice, I hope that you'll be able to face any temptation, and be able to make the good choices, just like Jesus always did.



JESUS MAKES A CHOICE

IJ1-3
C

