

Explore It FOR LEADERS



HEALTHY SOUL

Luke 4:1-13 Jesus in the wilderness

Each child will need:

- A new/unused notebook or jotter*
- Craft materials like stickers for decoration (optional)
- Pens/pencils

You will need:

- Some small round stones
- Some small rolls of bread
- A tall tower (made out of Duplo, Lego or building bricks)
- A magic wand
- A map of the world or globe
- An imitation sword
- An underlay of felt or material or a piece of paper in a desert-like colour
- Bible verses PDF printed out
- Reflective music
- Make sure there is a prayer journal* for each child

*Prayer Journals

There are lots of prayer journals available to purchase or ideas online for creating your own. In this session we suggest the idea of encouraging children to keep a prayer journal – you may want to embrace this and purchase for each child a ready-made one or a nice notebook they can use.

Start It

How good are you at listening and following instructions? Play a game of Simon Says. As well as the standard phrases, use some interesting actions to keep the enjoyment and engagement high. For example ...

Simon says:

- draw with your feet
- lift your feet up as high as you can
- play air guitar
- roll over
- waddle like a penguin
- rub your tummy and pat your head at the same time
- pretend to climb a ladder
- start singing
- walk on your knees
- stand on one foot
- wink with your left eye

→ smell your feet

→ hug yourself

💬 **Say:** In our story this week, we will learn how Jesus responded to a difficult situation and some different instructions.

Sing It

In this troubling time, let's remember to always look to Jesus.

'My Hope is in the Lord' by LifeTree Kids

<https://www.youtube.com/watch?v=tJePCzTaQo4>

Tell It

💬 **Say:** Lent is traditionally the time Christians get ready for the events of Holy Week and Easter Sunday. This festival is so important that it needs preparation space so that they can think through what it really means. Lent is a time to pause and do this before they try and carry on as Christians throughout the rest of the year.

💬 **Say:** In the same way, Jesus went into the desert to pause and get ready for the work God wanted him to do. He was offered three other ways to bring God's Kingdom into this world and each one of them avoided him being on the cross.

Set out the desert-like underlay by unrolling it from right to left at the same time as you speak ...

💬 **Say:** After Jesus was baptised, he went off alone into the desert. He spent a long time there praying and preparing for the work God had for him to do. He went without food for 40 days. At the end of this time God's enemy, Satan, tempted Jesus with different ways that he said Jesus could bring about God's Kingdom.

Place the stones and rolls on to the underlay on your right (the children's left) at the same time as you say ...

💬 **Say:** Satan said to Jesus, 'If you want God's Kingdom here on Earth, why not change stones to bread and feed everyone who is hungry? This will surely solve all the world's problems and bring about God's Kingdom.'

Place the tower and the magic wand to the left of the stones and rolls on the underlay at the same time as you say ...

💬 **Say:** Then Satan said, 'Why don't you jump down from a high tower in Jerusalem and defy gravity by landing safely? This will surely guarantee that people will believe in you and bring about God's Kingdom.'

Place the globe or map and the imitation sword (hilt towards the children) on the underlay to the left of the tower and the wand at the same time as you say ...

💬 **Say:** 'Why don't you crush all the bad in the world – with my help, so that everything is then ruled by you?' Satan said. 'This will surely bring about God's Kingdom.'

Allow the children time to think about the symbols of the story in front of them and ask them what they think of these different ways of changing the world and making it more like Heaven with questions like ...

Ask:

→ I wonder if full stomachs are really the way to a change people's hearts?

→ I wonder if a miracle jump would really convert people?

→ I wonder if crushing the opposition will really bring peace and security to the world?

After wondering about this for a while, introduce the three ways in which Jesus responded to these temptations. Use the Bible verses PDF and read out the three cards. Let the children decide where the verses should be placed in the story.

- ➔ 'No one can live only on food. People need every word that God has spoken.' Based on Luke 4:4
- ➔ 'Worship the Lord your God and serve only him.' Luke 4:8
- ➔ 'Don't try to test the Lord your God.' Based on Luke 4:12

💬 **Say:** So what is the way that Jesus chose to bring about God's Kingdom on Earth?

Take the imitation sword and turn it upside down, a sign of choosing not to fight, and the shape of a cross.

Ask: I wonder how the cross is the way to change the world, to draw people to believe and to create the Kingdom of Heaven everywhere in the world?

Give time for the children to reflect or respond.

Based on: <https://ideas.brf.org.uk/lent-story-of-jesus-temptations-reflective-story>

Action It

💬 **Say:** In our journey with Jesus, we need to stay close to him. One way we do that is through prayer. We care for our spiritual life by having a healthy prayer life with Jesus.

Screen share: Philippians 4:6-7 (ICB)

'Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.'

Ask the children to share what this verse means to them.

💬 **Say:** A prayer journal is a great way to keep a record of our thoughts, feelings and prayers, so today we are going to create a prayer journal.

Encourage the children to set up their journal in a way that works best for them; but you can also suggest that on each page they use these four headings:

- ➔ Wow, God, you are ...
- ➔ God, I'm sorry for ...
- ➔ Please help ...
- ➔ Thank you for ...

Give the children time to decorate their journals, design a cover, decorate the pages, write out headings for the first few pages ...

Pray It

Play some reflective music and give the children time to write their prayers for today in their prayer journal.

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.