

SMALL GROUP GUIDE

Overcoming Temptation

**I can overcome temptation
with God's help!**

Overcoming Temptation

Leader Guide

Engage:

Give each of the kids a cookie and tell them that while you read a story, they are not allowed to touch, smell, or eat the cookie. Read the kids a story while the cookie is in front of them. When you are done, ask if they were tempted to eat the cookie when they were listening to the story. What made it difficult to resist? Did some of the kids give in to their temptation? Talk to the kids about a time that you were tempted, but you asked God for help and He helped you. God will bless or reward you when you resist temptation! Give a second cookie to the kids that did not eat their cookie.

Discuss:

**Have the kids open up their Bibles and read together
Matthew 4:1-11**

In Matthew 4:1-11, the devil tried to tempt Jesus a few different times. Each time, Jesus told Satan to go away. He didn't give in to temptation. In our own lives, there will be times that we are tempted to do things or say things that we shouldn't. When we struggle with temptation, it is important to turn to God and ask Him to help us overcome. Discuss the following questions.

- When was a time you were tempted to do something wrong, and how did God help you?
- What can you do when you are tempted?
- How does God help you overcome temptation?
- What happens if you give into temptation? What should your response be?

Response:

Give the kids a piece of dissolvable paper. Have the kids think about an area in their lives that they struggle with temptation. Have them write it on the paper. Explain that when we give it Jesus and ask Him for help, He will give us the strength we need. But we have to give it completely and totally to Jesus. Provide a bucket of water with a stir stick and encourage the kids to ask God to help them with the thing that they wrote down. Ask them to place the paper in the water and stir. The paper will dissolve and disappear. When we ask God for help, He can help us overcome all sin and temptation—if we let Him.

Memorize:

"So humble yourselves before God. Resist the devil, and he will flee from you." (James 4:7, NLT)

Give the kids certain exercises to do as they say their memory verse. You could have them run in place, stretch, so sit-ups, run around the room, dance, do jumping jacks, etc. Have them say the verse each time they do an exercise.

Create:

Give each kid a rock and a marker. Have them decorate the rock to make it a "prayer rock." They can put their prayer rocks in their rooms to remind them to pray and spend time with God. Let them know that anytime they are tempted to do something they shouldn't do, they can turn to God and ask Him for help. God will help us overcome temptation!

Overcoming Temptation

What was the Big Idea?
I can overcome
_____ with God's _____!

This week talk to your friends
and family about a time they were
tempted, and see how God helped
them overcome temptation!

Memory Verse:

So humble yourselves before God.
Resist the devil, and he will flee from you.
James 4:7 (NLT)