

# What To Do When You're Tempted As a Kid

## LESSON #2

## TEACHER'S GUIDE

### LESSON OVERVIEW

**Big Idea:** Christian kids don't have to give in to temptation

**Key Question:** What is temptation?

**Memory Verse:** He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. **1 Corinthians 10:13**

**Overview:** Today, we're talking about what we should do when we're faced with temptation. Temptation is just a fancy word for wanting to do something you know you're not supposed to do. It's hard to say "no" to things we really want to do. For example, maybe there is a movie all of your friends have been talking about. But, you haven't seen it because your parents said you couldn't. Then, you go to a sleepover, and your friends want to watch that movie. You have a choice to make. You can give in to the temptation or you can do something else. That's what our lesson is about today. God doesn't want us to give in to the stuff we know we're not supposed to do. God never said we wouldn't face temptation, but he does promise to help us to be strong when it comes. Here are four things you should do when you're faced with anything that tempts you: **1.** Take your thoughts captive. Don't think about doing something you're not supposed to do. **2.** Run away from bad things. Remove yourself from a bad situation. **3.** Chase better things. Hang around with friends that encourage you to honor God and read your Bible. **4.** Tell someone. Don't hide your struggles. Share them so others can help you. Remember, you don't have to give in to temptation.

### CLASSROOM AGENDA

5 min **PLAY:** Begin working on Activity Page #1.

5 min **WARM UP:** Make a list of common things that are tempting to kids (disobey parents, mean to a sibling, sneak food, watch a bad show)

5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)

20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.

5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.

5 min **EXPLORE:** Read 2 Timothy 2:22. Why is it important to run away from temptation? What does this passage say we should pursue instead?

10 min **PLAY:** Choose a group activity from Activity Page #2.

5 min **CLOSE:**

- Share what you will do the next time you're tempted?
- Share prayer requests and pray as a class.

### TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: We are tempted to do things we're not supposed to do everyday. We need to learn how to stand up to those temptations.

**Answer:** Wanting to do something you know you're not supposed to do.

The truth is, you'll be tempted to do a lot of things in your life. Even when you're a grown up, you'll still face temptation. That's why it's so important to read your Bible so you know what is right and wrong and that you follow the four steps to help you to stand up and say, "no".

**Bonus Questions:** Why shouldn't we do things we know we're not supposed to do? What book tells us what is right and wrong?

**4-5th:** What do you do when you're tempted to do something you know you're not supposed to do? What are some consequences for giving in to temptation?

This verse tells us how important it is to run away from bad things. If you don't run, you're putting yourself in a situation where you will likely make the wrong choice. Giving into temptation brings about bad consequences. Things like: your parents take privileges away, you hurt a friend, or get sent to the principal's office. Instead, you should focus on "right living", which is to honor God in everything. Do things like read your Bible, be a good friend to others and choose to hang around with people that encourage you to love God more.

Allow each kid to share something specific.

# ACTIVITY PAGE #2

## Classroom Activities K-1st

### Option #1

#### Fight Temptation Verse Relay

- Divide the class into 2 teams and have them line up single file at one end of the room
- Put a bowl for each team at the other end of the room filled with folded paper with the words from the memory verse (**pg 6**)
- Give each team a verse template (**pg 5**)
- Have the first kid in line run to the bowl and grab a folded paper from their bowl and come back and tag the next person in line (make sure kids keep their paper with them)
- Continue until all the words have been pulled
- Then, have kids place their verse template (**pg 5**) on the floor and have teams start putting each of the words they pulled from the bowl in the right order to say the verse. **(the verse template is meant to help them get each individual word in the right order in case they can't read)**
- First team to finish wins

#### Supplies needed

- verse template (pg 5), 1 per team
- 2 bowls
- words template (pg 6), 1 set per team

#### Bonus Activity:

Play **Bible Hangman**.

Words: tempted, run away, Bible

### Option #2

#### Saved From Temptation Craft

- Give each kid a life saver template (**pg 7**)
- Have kids cut out the outer circle
- Allow kids to color the lifesaver
- Using a hole punch, have kids make a hole in the paper lifesaver
- Give each kid a piece of string and 4 lifesaver candies
- Have the kids put the candies on the string along with the paper lifesaver and help them to tie the string together
- As they work, remind the kids that their lifesaver to overcoming temptation is following the 4 steps (represented by each piece of candy)
  - step #1: take captive thoughts
  - step #2: run away from bad stuff
  - step #3: chase better things
  - step #4: tell somebody

#### Supplies needed

- lifesaver template (pg 7), one per kid
- scissors
- crayons
- hole punches
- 10 in pieces of string, one per kid
- life saver candies, 4 candies per kid

#### Bonus Activity:

Play **Find the Book in the Bible**

Have kids get into pairs. Give each pair a Bible. Have teams race to find the books below. First to find it has to say if it's in the OT or NT

Books: Deuteronomy, 1 Peter, Acts

# What To Do When You're Tempted as a Kid

LESSON #2

KID AND PARENT GUIDE

[Online @ pursueGOD.org/kids](http://Online@pursueGOD.org/kids)

## 1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. Step #1: Take your \_\_\_\_\_ captive.
2. Step #2: \_\_\_\_\_ from bad things.
3. Step #3: \_\_\_\_\_ better things.
4. Step #4: \_\_\_\_\_ somebody.

## 2 Talk about it

Answer these questions together as a family.

1. Make a list of common things that tempt kids (disobey parents, mean to a sibling, sneak food, watch a bad show)
2. Why is it important to take your thoughts "captive"? What can happen when you don't?
3. List some of the better things to think about when you're being tempted by inappropriate things.
4. Talk right now about some of the temptations your kids need to watch out for. Make a plan for how you'll deal with them when they come up.
5. Read [2 Timothy 2:22](#). Why is it important to run away from temptation? What does this passage say we should pursue instead?

## 3 Live it out

Memorize this week's Bible verse:

**"He will not allow the temptation to be more than you can stand. When you're tempted, he will show you a way out so that you can endure"**

**1 Corinthians 10:13**

Bonus: Read these additional passages as a family this week

- Read [Philippians 2:13](#). What are some things that please God?
- Read [James 4:7](#). What do you think it means to humble yourself before God? How can you resist temptation?
- Read [Isaiah 41:10](#). Who should we turn to when we're tempted?

Parent Signature \_\_\_\_\_

Learn the 3 basic truths of the Christian faith in the [Foundations for Kids](#) series.



# ACTIVITY PAGE #1

K-1st Grade

Kids

## BIG IDEA

Christian kids don't have to give in to temptation

## KEY QUESTION

What is temptation?

## MEMORY VERSE

"He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."

**1 Corinthians 10:13**

Color the picture



READ YOUR BIBLE!

WHEN YOU ARE  
TEMPTED, HE WILL  
SHOW YOU A WAY OUT  
1 CORINTHIANS 10:13

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