What To Do When You’re Tempted As a Kid

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.
**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 5)
- Have the first kid in line run to the bowl and grab a word from their bowl and come back and tag the next person in line
- Continue until all the words have been pulled
- Then, have kids start putting each of the words they pulled from the bowl in the right order to say the verse.
- First team to finish wins

**Supplies needed**
- 2 bowls
- words template (pg 5), 1 set per team

**Bonus Activity:**
Play the Fast Facts game.
See who is the quickest to get the right answer to the questions.

1. We shouldn’t give into ____? (temptation)
2. We should take thoughts ____ (captive)
3. We should _____ from bad things. (run away)

**Option #2**

Saved From Temptation Craft
- Give each kid a life saver template (pg 6)
- Have kids cut out the outer circle
- Have kids cut out the inner circle to make it look like a paper lifesaver
- Allow kids to color the lifesaver
- Give each kid a piece of string and 4 lifesaver candies
- Have the kids put the candies and paper lifesaver on the string 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 6), one per kid
- scissors
- crayons
- 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

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.

2. Talk about it

Answer these questions together as a family.

1. Make a list of commons 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 mean 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.
PUZZLE #1

1st Corinthians 3: 9-13

BIG IDEA

KEY QUESTION

MEMORY VERSE

COLOR
WHEN SHOW

YOU YOU

ARE A

TEMPTED WAY

HE OUT

WILL

1 CORINTHIANS 10:13