



Sunday, March 6, 2022  
Tempted \* Luke 4:1-13



## What's the Big Idea?

### Even in the desert ... I can make good choices

After Jesus was baptized, the Spirit led him into the desert for forty days. He hadn't eaten that whole time, so the devil tried to get Jesus to turn a rock into bread. But Jesus knew that his gifts were made for more than just magic tricks. He told the devil, "The bible says we don't live on bread alone."



In this story, all of the temptations (or "tests") that Jesus faces encourage him to turn away from God and think only about himself. Jesus knew God was with him, however, and he knew God would help him through these temptations.

How can you turn away from temptation by making good choices and send the devil packing?

### Read It

Find this week's story on page 248 of your Spark Story Bible.

Where do you see Squiggles this week?



### Talk About It

Have you ever been tempted into making a bad choice? How did it feel?

What choice do you think was the hardest for Jesus to make? (Refusing to turn a stone into bread, turning down power, or saying no to the devil's dare?)

Jesus used Scripture (Old Testament words from the Bible) to help him make choices in this story. How else do you know when something is a good choice or a bad choice?

Who or what can help you make good choices that honor God, honor other people, and honor yourself?

**Pray:** Dear God, thank you for always being with us, just like you were with Jesus in the desert. Help us to be like Jesus, to make good decisions that honor you, honor others, and honor ourselves. In Jesus' name we pray. Amen.

### Try It

1) Create a desert scene to remember how Jesus made good choices while in the desert. What parts of the desert remind you of God? Need inspiration? Check out:

<https://makeandtakes.com/creating-torn-paper-landscapes>

2) Use family mealtimes as a reminder that it is Lent. You could use Lent's color (purple) and use purple napkins, serve purple grape juice, or use a purple tablecloth. You could read a short Bible story together before you eat. You could even try the included Lenten Prayer Journey. Find something easy to mark this church season in your home.



### Affirm It

Throughout Lent, enjoy a weekly affirmation for reflection.  
What does it mean to you?

**I can make good choices.**

# I Can Make Good Choices

What sort of things tempt you? Is it television? Videogames? Activities with your friends? In the top half of each tile, write and draw something that tempts you. In the bottom half, write a plan to avoid temptation or a prayer to God asking him to help you.



Four blank writing tiles are arranged in a diamond pattern. Each tile is divided into two horizontal sections. The top section is for drawing or writing a temptation, and the bottom section is for writing a plan or prayer.

Jesus got very hungry.  
His stomach was  
rumbling!





# MARCH FAMILY FAITH EVENT: LENTEN PRAYER JOURNEY

Lenten Family Prayer Practice from *Faithful Families: Creating Sacred Moments at Home*, by Traci Smith

*This practice invites you to devote 40 complete days to prayer by focusing on a different word each day (excluding Sundays).*

**Designed for ages 6+**

**Daily Time Investment:** 10 minutes or less per day



## How To

1. Beginning Ash Wednesday, use the 40 words provided on the calendar to anchor a daily individual or family prayer practice for each day of Lent, excluding Sundays.
2. At the start of each day (except Sundays during Lent), take a look at the day's word. Make sure everyone knows what the word is (and means) and commits to trying to think about the word throughout the day.
3. At the end of the day, gather for prayer time as a family or set aside quiet time to individually journal. Review the word and interact with it in one of the following ways:
  - Draw a picture that represents the word.
  - Share a photo you took of something that represents the word.
  - Share what the word means to you, or how it affected you throughout the day.
  - Share how the word might be connected to the Lenten journey.
4. Close by thanking God for the word (and for "the Word") and looking forward to the next day's word reflection.

## Notes

- The Spirit works in mysterious ways through prayer. It's fine if the photos, drawings, and stories that come out as a result of the prayer conversation don't feel "spiritual" or don't appear to have anything to do with Lent. Sometimes prayers that seem to lack significance at the time come to have meaning days, weeks or even years later.
- If you miss a day, just pick up again where you left off.

## Variations

- Instead of gathering as a family to discuss each word, gather once each week or once at the end of Lent to discuss how this went. This option might be particularly appealing for teens or older children who are interested in journaling and might not wish to share each day's photo, drawing, or thoughts.
- "Family" can also be interpreted generally. If you live alone, consider inviting a friend or relative to join you on this 40-day journey of meditating on words and praying together.
- This practice works well in large groups. See if other families will join you for this Lenten practice. Your family May also wish to worship together each week on Wednesday evenings at 6:00 pm in the Worship Center. Visit [trinitylc.org/worship-music/worship](http://trinitylc.org/worship-music/worship) for more details.



# MARCH FAMILY FAITH EVENT: LENTEN PRAYER JOURNEY

40 DAYS OF CREATING SACRED MOMENTS AT HOME

Sun

Mon










Tue

Wed

Thu

Fri

Sat

			Ash Wednesday HOPE March 2	STRENGTH 3	LIGHT 4	FEAR 5
6 	7 LOVE	8 FREEDOM	9 PEACE	10 QUIET	11 DARK	12 COLD
13 	14 WATER	15 STILLNESS	16 WITNESS	17 NOISE	18 DESERT	19 KINDNESS
20 	21 FRIENDS	22 STRANGERS	23 HEAVEN	24 WAIT	25 DESPAIR	26 WEAKNESS
27 	28 FIRE	29 WALK	30 CRAWL	31 RUN	April 1 PURPLE	2 CROSS
3 	4 GRACE	5 GIFT	6 REFLECTION	7 REMEMBER	8 EAT	9 SHADOW
10 Palm Sunday 	11 WANT	12 MERCY	13 JUSTICE	14 LONELY Maundy Thursday	15 SILENCE Good Friday	16 RESURRECTION
17 Easter 