

Tempted in the Desert

Big Idea: Jesus is my God. His words are powerful.

● Memory Verse
"Your word I have hidden in my heart, that I might not sin against You"
 (Psalm 119:11).

Word of the Week

"Strength" - Strength is being strong and powerful. With strong muscles you can have the strength you need to lift heavy objects. Strength also means being tough and not moved or pushed around by something. We can have strength inside our hearts—a strength to do what is right no matter what. God's Holy Spirit and His Word can give us that strength.

This week's lesson

is based on **Matthew 4:1-11**; **Mark 1:12, 13**; **Luke 4:1-13**; and *The Desire of Ages*, pp. 114-131.

Sunday

Strength Inside

Jesus stood on the shore of the Jordan River. His face glowed with God's goodness. He had just been baptized and heard God say, "You are My beloved Son, in whom I am well pleased" (Mark 1:11).

These words made Jesus so happy! More than anything in the whole world, He loved God and He loved pleasing Him.

Jesus loved reading God's Word and talking to God, His heavenly Father. It made Him strong on the inside. Every day Jesus followed God's Word. Every day Jesus did what was right. The Bible says, "Your word I have hidden in my heart, that I might not sin against You" (Psalm 119:11).

It can be really hard to do what is right. Maybe you sometimes feel so angry you want to hurt someone with your words or actions. Maybe you have greedy or selfish thoughts. You might even want to lie, steal, disobey, or be rude.

But God promises that you can have the same strength Jesus had. You can make good choices too. For "super strength" like this you're going to need help. Who can help you? Read **Philippians 4:13**.

I Wonder

- » What helped Jesus stay strong on the inside?
- » How can you have the strength to do what is right, as Jesus did?

● Prayer Idea

Ask Jesus to live in your heart and give you His super strength.

● Do

Have a "strength" challenge. Lie on the ground with your legs out straight. Lift your legs slightly off the ground and count how long you can hold them up in the air. What does strength really mean?

● Mission Challenge

Pray for the people you are focusing on reaching this quarter. Pray that when they receive their gifts that they will know and love Jesus.



Monday

A Peaceful Place

It was time to go. The Holy Spirit spoke to Jesus and told Him to leave the Jordan River and go somewhere else, alone.

Jesus obeyed. Leaving the busy crowds behind, He started walking down a dusty road. It led Him past grassy fields and green rustling trees. On it went, through sandy hills and past rocky mountains.

Finally, after a long journey, Jesus stopped. Where had the Holy Spirit taken Him? Read **Mark 1:12**.

The warm sun shone brightly on His back. It was very hot and very dry here. There were no other travelers or farmers. Just Jesus. The Holy Spirit had led Him to a place that was quiet and peaceful.

Jesus needed to think and pray. He would soon begin a very important and difficult job. He would save all the people in the world from sin and death. As Jesus prayed, He asked God to give Him strength to do everything right.

That's just what God would do! He had given Jesus the Holy Spirit as a helper. And He'd given Jesus His wise words to guide Him too. When Jesus was a young child like you, He memorized lots of verses from Scripture. He knew such verses as "Your word is a lamp to my feet and a light to my path" (Psalm 119:105). God's Word would help Him choose to always do the right thing.

It is really important for us to learn and memorize Bible verses too. They help us become strong, just like Jesus.

I Wonder

- » Can you say two Bible verses you have memorized?
- » Which Bible verse is your favorite?

Prayer Idea

Ask God to help you learn and remember His words in the Bible.

Do

Go somewhere peaceful in nature, if possible. Be really quiet for one minute. Just look and listen. Say a prayer to God and ask Him to give you strength.

Memory Verse

Tuesday

Rocks and Bread

Rumble, rumble, rumble. Jesus' stomach was empty. Completely empty. He had been praying in the desert for 40 days and 40 nights without any food at all. Jesus was really hungry and very weak.

Suddenly someone appeared right in front of Jesus. Who was it? Read **Matthew 4:1**.

He had come to tempt Jesus to do something wrong.

Scattered across the sand lay hard rocks. These rocks looked a lot like delicious loaves of bread. Yum! Jesus could really do with some fresh bread right now. But even though the rocks looked like bread, they definitely wouldn't *taste* like bread.

Satan pointed to the rocks. "If You are the Son of God," he said to Jesus, "command that these stones become bread" (Matthew 4:3).

Jesus knew Satan was trying to trick Him. He shook His head. No! He would not do a miracle like that. His power was for helping others—not Himself. Instantly Jesus remembered a Bible verse. He turned to Satan and boldly said, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4).

Jesus told Satan that food was not as important as God's words. He trusted God would give Him the strength He needed.

Satan frowned. His plan to trick Jesus had failed. He would have to try something else.

I Wonder

- » How can you tell when you are hungry? What does it feel like?
- » Why did Jesus have strength to say no to Satan?

Prayer Idea

Thank God for giving you food.

Do

Make or share some simple bread/flatbread with your family (or choose a basic food that you eat often). Thank God that His words give our hearts strength, just as bread gives our body strength.

Memory Verse





Wednesday

Jump!

Jesus blinked. He was no longer in the hot, sandy desert. No! He was standing at the top of a high building. And not just any building. Satan had taken Jesus to the highest point of God's temple in Jerusalem. As Jesus looked down, He noticed the ground far, far below. If someone fell from this spot, they would really hurt themselves.

Then Satan spoke to Jesus. He said, "If you are the Son of God, jump off" (Matthew 4:6, ICB). Satan wanted Jesus to test God—to do something silly and see if God would send His angels to rescue Him.

What Bible verse did Jesus say to Satan? Read **Matthew 4:7**.

Jesus knew He didn't need to jump off a building to prove God cared about Him. No, He would not do something dangerous just to see if God's angels would save Him.

Once again, Bible words had shown Jesus what was right. God's Holy Spirit and the Bible can give you wisdom and strength too. It says in Psalm 119:11, "Your word I have hidden in my heart, that I might not sin against You."

Parent Faith Talk

Share a time that God used a memorized Bible verse to encourage or help you in some way.

I Wonder

- » What is the highest building near your home?
- » Can you explain in your own words why Jesus didn't jump?

Prayer Idea

Ask God to help you say no to Satan's ways, and yes to God's ways.

Memory Verse

Thursday

Worship Me

Whoosh! Satan took Jesus up, up, to the very top of a tall mountain. Wow! What a beautiful view! Jesus could see sparkling cities, marble palaces, bright-green fields, and vineyards full of delicious fruit. Oh, how different it looked from the dry, dusty desert.

Satan looked out at the beautiful world from way up high. He had already tried to tempt Jesus twice. But Jesus had used God's Word to stay strong and say no. But Satan wasn't about to give up.

As Jesus looked at the view too, Satan said, "All these things I will give You if You will fall down and worship me" (Matthew 4:9).

What did Jesus say to Satan? Read **Matthew 4:10**.

Jesus knew the Bible so well. He knew that only God should be worshipped. He would bow down only to God. The Holy Spirit had made Jesus strong and wise. Jesus had used the words in the Bible like an invisible sword to fight against Satan's lies.

Satan lost the battle and left. Jesus had won!

With God's strength you can beat Satan's tricks too. His words in the Bible can give you the power you need to say no to what's wrong and yes to what's right.

I Wonder

» How can you stay strong when Satan tempts you to do the wrong thing?

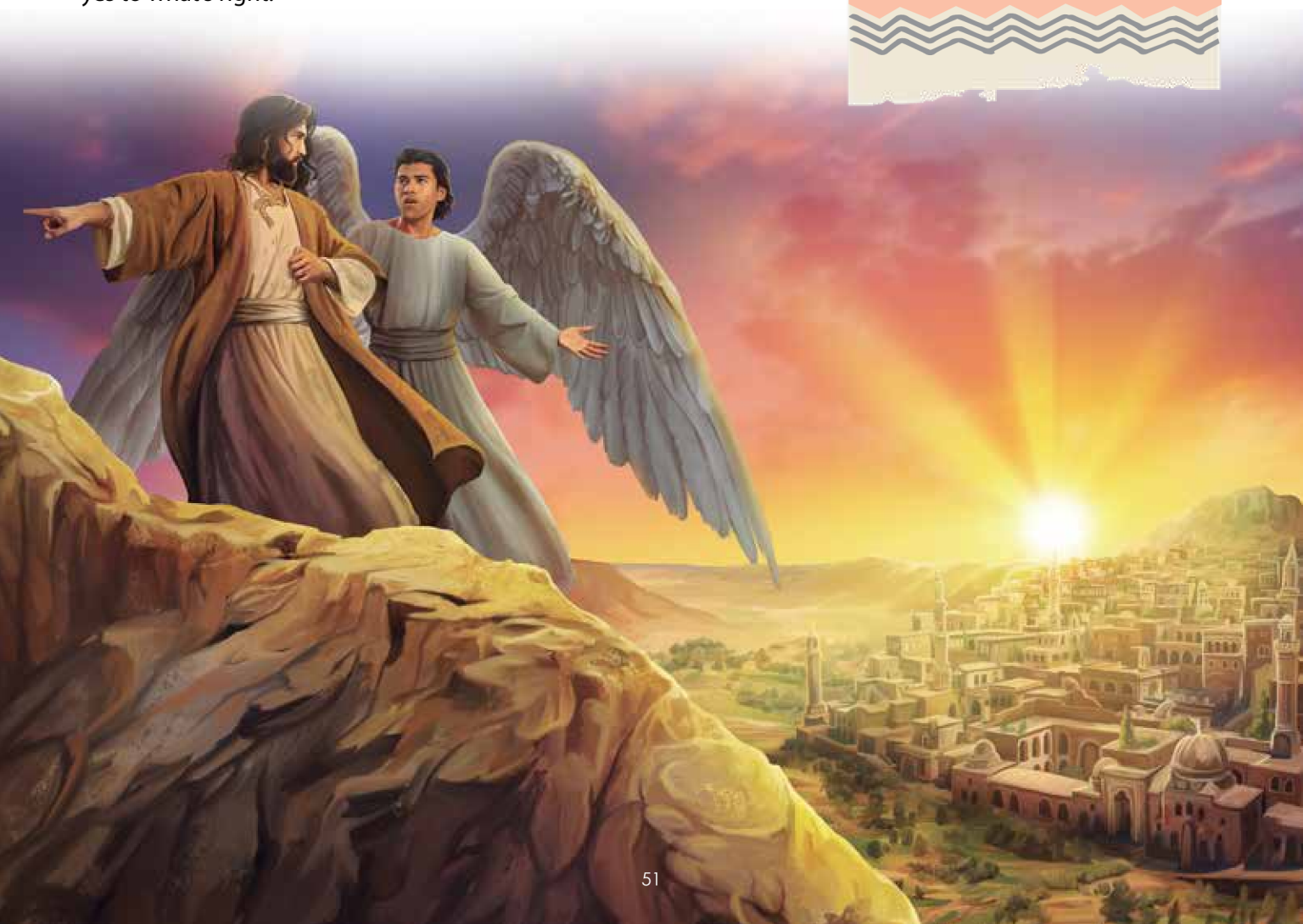
Prayer Idea

Ask Jesus to give you wisdom to know the difference between right and wrong.

Do

Draw a sword on a large piece of cardboard and cut it out. With help, write out your memory verse on your sword to remind you that God's words are powerful.

Memory Verse





Friday

Caring Friends

Finally alone again, Jesus fell to the ground, exhausted. He had just fought, and won, a mighty battle against Satan. Now He couldn't even stand. He lay there hungry, tired, and weak.

As quick as a flash, help was by His side. Who came to help Jesus?

Read **Matthew 4:11**.

They had watched the whole battle. Now the angels rushed to help Jesus and give Him strength. Lovingly, they gave Him food to eat and spoke kind words. They reminded Jesus that God loved Him. What caring angel friends!

God was looking after Jesus, and He looks after you too.

Feeling strong again, Jesus left the desert. Satan would try to tempt Him many more times. Life would be hard. But Jesus was determined to do what was right. He would need God's strength and wise words to guide and help Him each day.

I Wonder

- » Imagine being one of the comforting angels. What words would you have said to Jesus?
- » What do you think the angel food tasted like?

Prayer Idea

Thank God for His angels that watch over us every day.

Memory Verse

Family Activity

Memory Box

Think about how special the Bible is. Find something to place in the memory box that reminds you that God's words give you strength and wisdom.

For You, Parents

"Build a wall of scriptures around you, and you will see that the world cannot break it down. Commit the Scriptures to memory, and then throw right back upon Satan when he comes with his temptations, 'It is written.' This is the way that our Lord met the temptations of Satan, and resisted them" (Ellen G. White in *Review and Herald*, Apr. 10, 1888).

Super Strength From God

Young Ellen Harmon was not a strong young woman. She was often sick. She couldn't take long walks or carry heavy loads. But God chose Ellen to be a special messenger for Him.

One day while Ellen was praying in her home with others, God gave her a vision. A vision is like an awake dream from God. While Ellen was having the vision, she picked up their family Bible and held it with just one hand. This Bible was very, very large. The people in the room must have wondered, *How can she do this? Surely she cannot hold the Bible for long. It is just too heavy!*

Her mother knew that Ellen couldn't even lift the big, heavy Bible with both hands. She realized that Jesus must be giving her special strength.

The people were amazed. For more than a half hour Ellen held up that heavy Bible in one hand, while God showed her the vision.

Everyone there that day knew that the vision must have been from God.

This miracle also showed everyone that the Bible is very important to God. The words inside are powerful and show us what is right. When the Holy Spirit lives in our hearts, God can use the words in the Bible to change us, guide us, and strengthen us against temptation.

The Bible says, "Your word I have hidden in my heart, that I might not sin against You" (Psalm 119:11).

