



First, watch
this week's
video!

**Self-control:
Choosing to
do what you
should even
when you
don't want to**

Memory Verse

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

Bible Story

Jesus Is Tempted in the Desert
Luke 4:1-13
(Supporting:
Matthew 4:1-11)

Bottom Line

Be ready to do the right thing.

Use this guide to help your family learn how God wants us to live with self-control.

Activity

Sit-and-Stand

What You Need:

No supplies needed

What You Do:

Tell your child that you're going to play a game. Read from the "Would You Rather" options below, and ask your child which option they would choose.

Say, "If you'd want the first option, sit down. If you'd want the second option, stand up." Feel free to participate by standing and sitting yourself!

After each round, ask your child why they chose the option they did.

Would You Rather:

1. a) have to give up fruity candy (Skittles®, Starburst®, Twizzlers®, etc.) for the rest of your life, or b) give up anything chocolate for the rest of your life?
2. a) walk through a desert in a ski suit, or b) walk through a snowstorm in summer clothes?
3. a) have the ability to fly, or b) have the power to read people's minds?
4. a) be a world-class athlete, or b) be an award-winning actor?
5. a) be able to talk to animals, or b) speak five languages?
6. a) have 100 spiders in your room, or b) eat five spiders?
7. a) live on the moon, or b) live underwater?
8. a) have hands for feet, or b) have feet for hands?

Talk About the Bible Story

Our story today was about making choices. Who was making the choices in the story? (*Jesus*)

No matter how Jesus was tempted, He always made the right choice. What did Jesus rely on to help Him make the best decision? (*Scripture*)

If Jesus relied on the words of Scripture to show self-control, whose words can you rely on to help you? [Hint: There's more than one right answer!] (*the Bible, our parents' words, our Small Group Leaders words', our coaches' words, our teachers' words*)

Have you ever been tempted to do what isn't right? What happened? [Don't worry, you won't get in trouble!]

What are some ways you can be sure that you're ready to do the right thing? (*Read the Bible, rely on the Holy Spirit, listen during church, participate during Small Group, pray*)

Parent: Make it personal by sharing a time in your life when you were tempted to lose control, but you kept it together. How were you prepared to do the right thing?



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for the gift of your Holy Spirit. Your Holy Spirit helps us to do the right thing when we're tempted. When it's hard for us to show self-control, remind us to pause and think about how Jesus faced temptation—just like we do. Help us to be like Jesus and to do the right thing. In Your name we pray, amen."