

WEEK 5

LESSON GUIDE

measure up

BIG IDEA

God's words help us make wise choices.

BIBLE

Jesus Tempted in the Wilderness: Luke 4:1-13; 1 Corinthians 1:18-31

LARGE GROUP TIME

Welcome to our last week of *Measure Up*! We hope you have enjoyed our amusement park full of fun and excitement as we have journeyed through different stories of Jesus, from his childhood to the kickoff of his ministry while on earth. We have learned what it means to follow God and that God makes us ready at the right time! We have one more ride left, so throw up your hands and get ready for the drop!

WHAT? What are we talking about today?

MUSIC | Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "One Me" (Grow Kids VBS)
 - "Hey Me (Now and Forever)" (Elevation Church Kids)
 - "Won't Stop Now" (Worship Together Kids)
 - "Wanna Be Like Jesus" (Yancy)
 - "Wise Up" (Kidspring Children's Ministry)

ACTIVITY | Coaster Concentration

- **INSTRUCTIONS:** Set up chairs like a rollercoaster with rows of two seats each. Give each direction one at a time and have everyone follow all together. Then give the same set of directions, but now the rule is, you wait until the pair in front of you does the action before you do it. Give the front row a direction, first at a slow pace, then tell it to them more quickly so it becomes a fun frenzy! Here are a few examples of directions you could give:
 - Stand up.
 - Turn around.
 - High-five your ride buddy.

- Throw your hands up.
 - Do a jumping jack.
 - Spin in a circle.
 - Fist-bump your ride buddy.
 - Skip in place.
 - Sit down.
- **Was it easier to do this activity when I said the words directly to you or by watching the people in front of you?**
 - It can get confusing when we look to other sources than the main source for the right directions, right? Today's Bible story is about how we should always turn to God's words even when other things distract us from obeying God.

ACTIVITY | Photo Booth

- **INSTRUCTIONS:** A photo booth is a fun and easy way to bring laughter to your space by letting the natural personalities of your kids shine. Here are five easy steps to pulling off a great – and inexpensive – photo booth!
 1. Find a space for your photo booth. Make sure it's either close to the front of the room or easily visible once the kids arrive.
 2. Create a fun and simple backdrop.
 3. Grab a camera or cell phone.
 4. Find some fun props or purchase them from the dollar store.
 5. Take the pictures, and have fun!
- ✂ **PRETEEN HACK:** If you have access to iPads, consider using [this app](#) to really have fun and create great photos you can print or share digitally for this activity.
- Let's show we are amusement park ready by having fun in the photo booth!
- **What words would you be yelling as you go down that big drop?**

POLL | Wise or Not?

- We are going to play a game. I will read the choices to you. Give a thumbs up if it's a wise thing. Give a thumbs down if you think it might be a not-so-wise thing!
 - Paint your nose red.
 - Don't give your favorite stuffed animal or toy to your little sister.
 - Clean your room when your parents ask.
 - Eat all your Halloween candy right after you trick-or-treat.
 - Ask your teacher for help with a math problem.
 - Play on your own instead of playing with your little brother when he had a tough day.
 - Tell your mom you think her shirt is ugly.
 - Put away your sharable toys when your little cousins come over to play.
 - Tell a friend about Jesus.

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Luke 4:1–13 (Jesus Is Tempted In The Wilderness)

- **INSTRUCTIONS:** Play a video like [this one](#) without the sound as your backdrop as you begin to tell the Bible story from Luke 4:1–13. Dress up as a ride operator (polo shirt with khaki pants or shorts). You don't need any upfront volunteers this week.

- Hey friends! It's the final day of our *Measure Up* live show! Today's show is called "Jesus Is Tempted In the Wilderness."
 - **Everyone say, "Wilderness" with a little hiss at the end. Wildernesssss.**
- Yesssss great job, you all are so much fun! I you're familiar with our show, you know that we love audience participation over here, so you are all part of the show today!
- Let's begin!
- One day, Jesus went to the wilderness where no people lived. He stayed there for forty days, and he was tempted by the devil every day.
 - **Everyone stamp your feet and shout, "Boo! Hiss!"**
- Jesus ate nothing during those forty days, and at the end of them, he was hungry.
 - **Pat your stomach. Make a growling noise.**
- The devil told him that if he really were the son of God, he could turn a stone into bread. Or a soft pretzel. Or even funnel cake."
 - But Jesus answered, "It is written: 'People don't live on food alone.'"
 - **Everyone put up one finger in the air. Strike one!**
- The devil led Jesus up to a high place and showed him all the kingdoms of the world.
 - **Put your hands around your eyes and pretend to look through binoculars.**
- Then the devil said to Jesus that he would give him all of these kingdoms if Jesus would worship him.
 - But Jesus answered, "It is written: 'Worship and serve only God.'"
 - **Everyone put up two fingers in the air. Strike two!**
- Finally, the devil led Jesus to Jerusalem and had him stand on the highest point of the temple, then told him to jump down! If Jesus were really God, wouldn't God send angels to rescue Jesus? Even the Bible says that.
 - Jesus answered, "It is said: 'Do not test God!'"
 - **Everyone put up three fingers in the air. Strike three! He's outta there!**
 - The devil went away after this.
- **How did Jesus use his wisdom when he was tempted to say yes to the things the devil was offering him?**
 - **Is eating food a good thing?** Yes.
 - **Is earning money a good thing?** Yes.
 - **Is the ability to get out of a painful situation a good thing?** Yes.
- But Jesus knew that the devil wasn't trying to ease his suffering or really make his life better by any means. The devil was trying to trick Jesus into disobeying God and abandoning the reason why he came to earth in the first place. But Jesus wasn't fooled for one second.
- Jesus used Scripture, God's words, when he spoke to the devil. Those were some wise words, for sure!
- **Please give yourselves a round of applause . . . you've been an excellent audience!**

BIG IDEA | God's words help us make wise choices.

- **INSTRUCTIONS:** Write the Big Idea on one winning ticket. Hide the winning ticket inside a carnival punch-out game. Use one [like this](#) or make your own with cups and tissue paper, [like this](#). Volunteers take turns punching holes until the winning ticket is found! Once it is found, read the winning ticket aloud! After the Big Idea is revealed, give kids pins for their lanyards as a reminder. If you have access to a [button maker](#), you can create buttons that say each week's Big Idea (using the graphics provided in their Programming folder) or purchase an assortment of fun pins and encourage pin trading (like at [Disney](#)).

✂ **PRETEEN HACK:** *Instead of giving out pins, consider giving out items that are more closely related to the Big Idea. This week, you could hand out bookmarks to remind them to study the Bible to learn more of God's words.*

- And the winning ticket says . . . **God's words help us make wise choices.**
- When you look at this pin, be reminded that when life throws you for a loop like a rollercoaster and you don't know what's the right thing to do, God can help us make wise decisions with the help of the Bible.

VIDEO | Measure Up, Episode 5

- **INSTRUCTIONS:** *Play this week's episode of [Grow TV](#).*

STORY | Choose Jamie's Adventure

- **INSTRUCTIONS:** *Tell kids this is a choose-your-own-adventure story about a kid their age. They will help you come up with the missing parts of the story! You can just discuss what Jamie's decision should be or the group can come to a consensus, and you can write Jamie's decision and actions on a white board.*
 - ✂ **SPECIAL NEEDS HACK:** *Choose a short storybook to read with kids. Pause every so often to ask kids what they think will happen or what they want to happen. Once you reach the end, discuss the main character(s) with kids and ask them if they feel like they made wise choices in this story.*
- It's summer break, and Jamie and his friends, Ben and Jessica, are spending the day at Six Flags with their babysitter Megan. Megan babysits Jamie every week, and she is happy to take the kids to Six Flags for the day. They are all *super* excited for all the fun they would have!
- **PART ONE:** Jamie's mom gave him money for a snack, but she asked Jamie to make a healthy eating choice. When Jamie gets to the park, he sees a comically large, swirly lollipop. Jamie *really* wants to eat one. But then he remembers what his mom asked him to do – make a healthy eating choice. On the other hand, Jamie's mom isn't at the park, and she probably wouldn't find out if he bought the lollipop.
 - *[Pause here and discuss.]* **What should Jamie do? Write or discuss Jamie's decision here, based on the kids' responses.**
- **PART TWO:** Jamie, Ben, and Jessica decide to ride the Condor first. Megan walks them to the ride and says she will sit on the bench nearby and wait for them. "You have fun!" she tells the kids as they part. The kids talk about the Condor excitedly in line, ready to spin so fast they won't be able to move. As the kids get closer to the front of the line, they notice a sign that reads, "You must be ten years old to ride the Condor." Jamie, Ben, and Jessica look at each other nervously because they are all nine years old. "We could tell the ride operator we are ten," Ben says. "It's only one year difference, and Megan will never know."
 - *[Pause and discuss.]* **What should Jamie do? Write or discuss Jamie's decision here, based on the kids' responses.**
- **PART THREE:** It's early evening now, and Megan tells Jamie, Ben, and Jessica they have time for one last ride. Jamie wants to ride Big Easy Balloons, but Ben and Jessica both disagree. Jessica really wants to try Giant Drop, and Ben says they haven't done Crazy Kups yet. The argument starts getting louder, Ben begins crying at the thought of missing Crazy Kups, and Jamie begins thinking about ways to convince his friends that he is right. He starts feeling like he should have his way because he's the one who invited all of them to come in the first place.
 - *[Pause and discuss.]* **What should Jamie do? Write or discuss Jamie's last decision and the story ending here.**
- Maybe you've gone through times in life when you had to make tough choices like Jamie did. But one way we know we are making the right choice is when we think about what God would want us to do in those moments.
- **God's words help us make wise choices!**

ACTIVITY | Mystery Choices

- **INSTRUCTIONS:** Give each kid a prize (like a piece of candy or a small toy). Tell kids they can keep the prize or trade it in for something under the mystery boxes. Don't tell kids what's under each box! Have kids raise their hands if they want to try the mystery box. Bring one kid on stage to trade his treat for a mystery box.
 - ✂ **SPECIAL NEEDS HACK:** Kids may feel embarrassed if they feel like they made the wrong choice in front of a large group. You may want your leaders to demonstrate this activity or make sure all the gifts under the mystery boxes are desirable ones so that there's no obviously wrong answer.
- **What do you think of your decision?**
- **Why were you tempted by the mystery box?**
- Sometimes we forget that God is good to us and we have everything we need. We start to look at what other people have and start being less happy with ourselves. When that happens, we might be tempted to be dishonest or unkind to get what we want.
- But you know what? You don't have to measure up to anything the world asks you to measure up to . . . only what God asks of us.
- **God's words help us make wise choices!** When we are tempted to make a foolish choice, God's words can help us do something wise instead.

SCRIPTURE | 1 Corinthians 1:18–31

- **INSTRUCTIONS:** Place two big pieces of butcher paper on opposite sides of the room. One should say "Foolish," and the other should say "Wise." Read aloud 1 Corinthians 1:18–31. After discussing the following questions, give each kid two sticky notes. Ask kids to write or draw examples of behaviors on each sticky note: one foolish example and one wise example. They can use examples from their own lives, things they have done or wished they had done, or anything that comes to mind.
- The author uses the words **foolish** and **wise** a lot in this Bible reading. Those words are opposites. Ask kids:
 - **What does foolish mean?**
 - **What does wise mean?**
 - **What would be an example of foolish behavior at a theme park, for example?**
 - **What would be the wiser choice?**
- Remember – **God's words help us make wise choices!** When we are tempted to make a foolish choice, God's words can help us do something wise instead.

NOW WHAT? What does God want us to do about it?

ACTIVITY | Temptation Tower

- **INSTRUCTIONS:** Have some fun with [this amusement park can game](#) as you unpack what it looks like to topple temptations. Write directly on cans, or on sticky notes that can be stuck to the cans, what kids say could be temptations. If playing with a larger group, bring a few kids to the front to try to topple the temptation tower using bean bags.
 - ✂ **PRETEEN HACK:** Share with your preteens about a time when you were tempted and succumbed to the temptation, and what consequences ensued. Then, share about a time when you were tempted and did overcome the temptation. Remember to keep the stories age-appropriate. Invite preteens to share their own stories, creating an atmosphere of trust and openness. Talk together about practical ways they can avoid the things that tempt them.
- Let's talk about the words "tempt" and "temptation." **What do they mean?**

- **What are some things that might be tempting?**
- **God’s words help us make wise choices.** When we spend time reading, memorizing, understanding, and thinking about the words in the Bible, we will remember them when we face temptations or big decisions. God’s wisdom will help us!

ACTIVITY | Roller Coaster Roll

- **INSTRUCTIONS:** Create a “roller coaster” board game to be played with four teams. You might not want more than five people per team, so if you have a large group, make extra boards or have kids rotate to this activity in shifts. Check out your Shop & Prep list for setup instructions.
- Let’s go on a rollercoaster to review everything we learned this month! We won’t be on a real rollercoaster, but we might experience a rollercoaster of emotions!
- All teams, place your game markers on START. Each team will roll the die and move your game piece as many spaces as indicated on the die.
- Here’s the high-speed twist!
 - If your move includes continuing on a path that’s on a different side of the box, you get to flip the board to that side, letting everyone else’s markers fall off!!
 - Every other team, on their turn, has to roll an odd number to get back on the board. Start counting from the first space on the new side. If they don’t, their turn is skipped and they try again on their next turn.
 - The team that knocked everyone out gets to continue playing regularly.
- If your team lands on a space that says, “pick a card,” draw a card from the deck and answer it correctly to play your next turn (if not, you lose your next turn).
- The first team to move on all six sides and reach FINISH wins!

MEMORY VERSE | Matthew 6:33 (NIV)

- **“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”**
- **INSTRUCTIONS:** Divide the group into two teams. Give each team a roll of tulle ([pink](#) and [blue](#) to represent cotton candy), and assign a leader to each team. Have the leader hold one end of the tulle as the ‘cotton candy holder’ and pass the rest of the roll to the first kid. When you say, “Go,” the first kid on each team yells the first word of the memory verse and wraps the tulle around the leader once, then passes it to the next kid. The second kid will yell the second word of the memory verse and wrap the tulle around, too. The first team to build their “cotton candy” and complete the verse wins! (**Don’t forget to also check out the memory verse signs – a combination of SEE and ASL – available in your Programming folder or at growcurriculum.org/Matthew6-33.**)

PRAYER

- Dear God, help us to remember that the wisest choices come from knowing what you have to say. Teach us how to spend time learning your words so that we can make wise choices when we are tempted to make the wrong ones. We know that no one measures up to you and your great love for us. Amen.

SMALL GROUP TIME

DISCUSSION

- **Where was Jesus tempted for forty days?**
- **Name one way the devil tempted Jesus.**

- How did Jesus resist each time he was tempted?
- Read 1 Corinthians 1:27–29. Why do you think God doesn't want anyone to boast?
- How do you know a choice is wise or unwise?
- How do you feel when you make a wise choice? How do you feel when you make an unwise choice?
- What can you do if you're tempted to do something unwise?

ACTIVITY | BOGO Friend Pass

- **INSTRUCTIONS:** *Print and cut out the Amusement Park Season Pass printable that is provided for each kid. Provide pens or markers for them to write names in the corresponding sections.*
- Some amusement parks have these great deals where if you buy one admission ticket, you get the second one for free (or at least at a discount). Then you could invite a friend to come with you!
- But it's not just at a theme park where you can invite a friend. What about church? And admission is free! One wise choice we can make is to share good things with others.
- Fill out this amusement park ticket with the name of someone you'd like to invite to church and what you might say to them. Then, cut the ticket at the line so that you can keep the side you filled out and hand the invitation part to that friend!