

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

WELCOME TIME

MUSIC | Praise in the Park

- **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!](#)
 - "Why He Came" (Lifeway Kids Worship)
 - "Seek First His Kingdom" (Seeds Family Worship)
 - "Follow On" (Orange Kids Music)
 - "I Want to Be Like Jesus" (Lifetree Kids)
 - "I Wanna Do Right" (Jana Alayra)

ACTIVITY | Mickey, Pluto

- **INSTRUCTIONS:** Play this themed version of red light, green light by saying Mickey for stop (red light) and Pluto for go (green light) OR whatever two characters your kids will be excited about. Have pictures of each character printed out as a visual cue for kids. Find images through an online search or use stock images.
 - ✂ **TODDLER HACK:** Gather a few pull toys or attach strings to wheeled toys. Have kids race to see who can pull their toy across the room the fastest.
- Some amusement parks have fun characters that you can meet! **Do you recognize these characters?** [Hold up the pictures of Mickey and Pluto, or whatever characters you choose.] Mickey and Pluto are going to help us play a game called red light, green light. Let's do our best to listen for the words that will tell us what to do!

ACTIVITY | Music Parade

- **INSTRUCTIONS:** Show kids four noisemakers, such as a tambourine, a maraca, a bell, and cymbals. Assign a movement to each noisemaker. For example, stomp/march (tambourine), shake (maraca), stop (bell), and twirl (cymbals). Have kids complete the actions based on which instrument is playing.
- Amusement parks sometimes have parades where there's music and dancing. The people in the parade have to listen really well to the music in order to know how to dance!

- In today's story, Jesus listens really well to God's words in order to know what to do!
- Let's have our own music parade where we have to listen to the musical instruments to know what to do.

STORY TIME

SCRIPTURE | Luke 4:1–13 (Jesus Tempted in the Wilderness)

- **INSTRUCTIONS:** Set out the tray with a thin layer of sand. Designate two wooden peg dolls to be Jesus and the devil, giving them movement as they each speak and act out the scenes. Set aside a rock and some blocks to be used as you tell the story from Luke 4:1–13. You can also pre-make the tower and the temple out of blocks depending on what kind of blocks you have available.
- Jesus was out in the desert where no people lived. *[Place Jesus on the sand.]*
 - Jesus did not eat any food for forty days while he was there. This was so Jesus could really focus on spending time with God.
 - At the end of forty days, Jesus was very hungry! The devil was there to try to get Jesus to disobey God. *[Place the devil and the rock on the sand.]*
- The first thing the devil said was, "If you are God's son, tell this stone to become bread."
 - **Do you think Jesus turned this stone into bread?** No!
 - Jesus answered by repeating God's words, "Bread isn't the only thing people should live on."
 - Jesus was saying that eating food is good, but following God's words is better. Even though Jesus was hungry, he wanted to obey God and not the devil.
 - So, Jesus did not do what the devil said to do.
- Next, the devil led Jesus to a very high place and showed Jesus all the kingdoms of the world. *[Remove the rock. Build a tall tower with the blocks, and have Jesus and the devil stand at the top. Place single blocks all around the tower to symbolize the kingdoms of the world.]*
- The devil said, "If you worship me, I will give you all these kingdoms to rule over."
 - **Do you think Jesus decided to worship the devil?** No!
 - Jesus answered by saying God's words again! "Worship God, and only God."
 - So, Jesus did not do what the devil said to do.
- Then, the devil led Jesus to stand at the very top of a temple in the city of Jerusalem. *[Change the blocks to form a temple-like structure. Place Jesus and the devil at the top of the temple.]*
- The devil said, "If you are God's son, jump! Isn't it written in God's Word that God will send the angels to protect you and you won't get hurt?"
 - **Do you think Jesus jumped off the temple?** No!
 - **How do you think Jesus answered?** Yes, Jesus answered using God's words, "Don't even try to test God."
 - So, Jesus did not do what the devil said to do.
- The devil went away! Jesus stood up to the devil and beat him because he remembered God's words.

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

- **INSTRUCTIONS:** Assemble a carnival punch-out game board following [these instructions](#). To make it more reusable, you can use rubber bands to secure the tissue paper rather than using hot glue. Use raffle tickets and write one word of the Big Idea on each ticket. Without tearing them, fold them up and place them inside one of the cups before placing the tissue paper to cover the opening of the cup. Kids can take turns punching holes in the cups until the winning ticket is found!
- You found the winning ticket! Today's Big Idea is . . . **God's words help us make wise choices.**

VIDEO | Measure Up, Episode 5

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

ACTIVITY | The Floor Is Lava Ride

- **INSTRUCTIONS:** Play the Floor is Lava. Have kids walk around, then shout, "The floor is lava!" Kids have five seconds to get their feet off the floor. Designate safe places or items for kids to get onto, like small chairs, pillows, or even pieces of paper on the floor.
 - ✂ **TODDLER HACK:** Designate safe items that are low to the floor, such as blankets, pillow cases, or carpet squares, that younger kids can easily and safely get onto.
- It may have looked like Jesus was in a lava trouble when the devil was trying to get Jesus to disobey God. But Jesus always immediately thought of God's words to help him out.
- Let's play a game to see how fast we can get away from trouble!

PRAYER

- God, your words are amazing! Thank you for giving us the Bible so we can learn more about you. Help us remember your words so that we can make wise choices. Amen.

SHARING TIME

SNACK | Spell It Out

- **INSTRUCTIONS:** Give kids saltine crackers. Invite kids to peel the string cheese and use the cheese pieces to form letters of the alphabet on their crackers. They can put a few crackers together to form words, like their name.
- We become wise when we learn new things and remember them. **Tell me something new you learned!**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Prepare a set of plates by writing different scores on each one. Place the plates in the middle of the circle. Pass a bean bag to the person who will answer a question. After they answer, they get to toss the bean bag onto a plate.
- **Why did Jesus go into the desert?**
- **What did the devil try to get Jesus to do?**
- **How did Jesus respond to the devil?**
- **How have you been tempted to disobey God?**
- **How can God's words help you make wise choices?**

ACTIVITY | God's Words Bookmark

- **INSTRUCTIONS:** Hand out a bookmark and a piece of yarn or pipe cleaner to each kid. Use the hole punch to create a hole at the top of the bookmark. Encourage kids to color their bookmark and decorate with stickers. Then, tie the yarn or pipe cleaner to their bookmark. Have them string pony beads onto the yarn for added decoration.
- ✂ **TODDLER HACK:** Complete the craft without pony beads to lower the risk of a choking hazard. Also, since toddlers may not put a lot of care into making their bookmarks, read a picture book with the kids and show them how to use a bookmark. Let each kid take turns putting their bookmark in different places in the book.
- Jesus was tempted to disobey God, and Jesus gave us a great example of how to use God's words to make wise choices.
- The Bible is a very big book full of God's words! Sometimes we will be tempted to disobey God, so let's make a bookmark that we can use to mark a page in our Bibles of a verse that helps us make wise choices. After all, **God's words help us make wise choices!**

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:** Take a memory verse train ride with the kids! Have kids line up in a single row or by twos, and travel around the room while saying the verse. From the front of the "train," guide how fast, how slow, how quiet, or how loud the group should say the verse or what motions to make. For example, call out:
 - This is the fast part! Everyone say the memory verse really fast!
 - We're going backwards! Let's walk backwards and say the verse really slow.
 - This part of the ride is really loud! Let's say it louder!
 - Shhh! I think the ride is coming to a stop, let's say it very quietly.
- Let's practice our memory verse for the month from Matthew 6:33 by taking a memory verse train ride! All aboard!

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

ACTIVITY | Jesus Is Tempted

- **INSTRUCTIONS:** Set out a tray of kinetic sand along with nesting cups, spoons, two wooden peg dolls, blocks, and a rock. Encourage kids to reenact the story of how Jesus was tempted in the desert.

ACTIVITY | Stick to God's Word

- **INSTRUCTIONS:** Print pictures of [an outline of an image of the Bible](#). Encourage kids to use sticky yarn sticks to trace the picture, or create their own shapes and figurines based on the story.