

Jesus Helps Us

Text: Hebrews 2:14-18 (Matthew 4 & Luke 4)

Songs that go along with lesson:

- Trust and Obey
- Leaning on the Everlasting Arms
- He Hideth my soul
- Anywhere with Jesus
- Lord I need you

Memory verse for older children: “For because he himself has suffered when tempted, he is able to help those who are being tempted.” Hebrews 2:18 ESV

Memory verse for younger children: Jesus was tempted, so he can help us.

- **Memory Verse Activity** - Write the memory verse on the board before class. Have the class say the verse together. After you have said it a couple of times. Erase 1 word and say it again. Then erase 2 words and say it again, then 3, then 4 and so on until you have erased all the words and there are no words left on the board. Have the class say the weekly memory verse together 1 more time.
- Alternate Activity: Use 3x5 index cards and write 1 word per card. Mix cards around and have class put them in the correct order.

Define the Terms:

- **Tempted**-trying to get him to do something bad or wrong
 - Biblical Definition: (James 1:14-15) - But each one is tempted when he is drawn away by his own desires and enticed. ¹⁵ Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.
 - We are tempted when we want to do wrong and it goes against (or hurts) God.
- Examples: Tempted to lie, steal, hurt, argue brother or sister, disobey parents, etc.
- **How might we be tempted to do the wrong thing?**
 - Example 1:
 - Your mom & dad have told you to only color on your coloring book. You colored on the walls in your room. Your dad comes in, sees it, and asks you in an upset voice, if you colored on the walls?
 - You might be tempted to say “NO”.
 - Why might you be tempted to say this? (So you don't get in trouble)
 - Is lying right? (No)
 - What should you do? (Tell the truth)
 - Example 2:

- Your friend has one of your favorite toys at their house. When you visit their house, you play with that toy the whole time and ask them if you can take it home with you for a few days. They say “No” because it’s their favorite toy too. It is time to go home, and you see the toy just laying there on the ground and you know that you would play with it more than your friend. You might be tempted to take it with you.
 - Why are you tempted to take it?
 - Is stealing right?
 - What should you do?
- These are only a couple of examples of temptation that we might be tempted by. There are many more
 - Can you think of anything that you might be or are tempted by?

Short Intro:

Jesus has walked the journey before us. He was tempted as we are tempted and instead of giving into the temptations, he kept his eyes on God and did His will. There are many examples in the Bible of the temptations Jesus endured, but he never gave in. In our lives today, we are often tempted, especially when we are tired and weak, but as long as we know that Jesus has traveled our paths before us, we will be able to find comfort and lean upon him and allow him to help us through ours.

Lesson:

Name some times that you have needed help.

- (Let class give you some examples)
 - We all need help at one time or another! Especially in our spiritual walk.

We are tempted to find our security in fads and worldly things, but there is no vitality unless we know Jesus and find our securities in Him. Temptation often leads us to give up on the journey to live for God. Christ is the one who first made the pilgrimage that we are now making. He walked in our place and experienced our pain, but now He has opened the way to God. His example encourages us to follow and not give up. It is essential for us to know Jesus as we can feel comfort that we are not alone on the journey. As a man like us, He too, was faced with trusting God along the way to the promised land (2:13). He is our great model of faith and knows the full power of our trials.

We often ask for guidance in things. When receiving advice from someone who has not experienced the same, would you have comfort in the advice they offer to you? *Probably not as much as if you knew they had experience. This is where we can look at Jesus and trust God’s word (the Bible) because he has been tempted with all the things we are tempted with in life.

Example of Jesus being Tempted:

In Matthew 4:1- it states that the devil himself tempts Jesus with hunger and Jesus denies his temptation. The devil then tried tempting him with proving that he was son the of God. Again, Jesus denied the devils temptation. Lastly, the devil tried tempting Jesus with promising him all he could see if he would worship him. Jesus denied his temptation. Jesus trusted God that he would be taken care of and that is why we need to trust Jesus that he can help us through all our temptations of life.

Read: Hebrews 2: 10-18 Emphasis the things that Christ has done for us (Emphasis in bolded) – You might have the kids repeat the bolded words after you read them.

Hebrews 2:10-18¹⁰ For it was fitting for Him, for whom *are* all things and by whom *are* all things, in **bringing many sons to glory**, to make the captain of their salvation perfect through sufferings.¹¹ For both He who **sanctifies** and those who are being sanctified *are* all of one, for which reason He is not ashamed to call them brethren,¹² saying: "I will declare Your name to My brethren; In the midst of the assembly I will sing praise to You."

¹³ And again: "I will put My trust in Him." And again: "Here am I and the children whom God has given Me."

¹⁴ Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death **He might destroy** him who had the power of death, that is, the devil,¹⁵ and **release** those who through fear of death were all their lifetime subject to bondage.¹⁶ For indeed He does not give aid to angels, but He **does give aid** to the seed of Abraham.¹⁷ Therefore, in all things He had to be made like *His* brethren, that He might be a **merciful** and **faithful** High Priest in things *pertaining* to God, to make propitiation for the sins of the people.¹⁸ For in that He Himself has suffered, being **tempted**, **He is able to aid** those who are tempted.

- The author of Hebrews reminds us that our Lord is "merciful and faithful" (2:17). The Greek word for "faithful" means "reliable". It is the word we use for someone whose word can be trusted. As 10:23 says, "He who promised is faithful".

Illustration: (material – rope)

- Take a volunteer and tie their hands behind their back. They will need help from another student.
 - o Let the helping student untie them. If they cannot then the teacher an help.

** This is an illustrative point of how Christ Helps Release us. (v.15)

If you are going to let Jesus aid/help you then you are going to have to TRUST Him!

Heb. 2:13 – And again, “I will put My Trust in Him.”

Class Participation:

- Take a volunteer, blindfold them. Tell them to move around the room without hitting anything. Put things in the path so it will be difficult if not impossible to make it all the way around.
 - o Get another student to lead them around the room without hitting anything.
 - o The blindfolded student has to trust the other student leading them.
 - Upon completion of going around the room.
 - Ask the blindfolded student:
 - o Was it scary being blindfolded?
 - o Did you feel better when you were helped?
 - o Did you have to trust the person was going to help you?
 - o Was this hard?
 - Why or why not?

Do you see how it can be hard, but if we are going to let Jesus help us we need to TRUST Him!

Our main point today is that we are all tempted and we all need Jesus to help us. He is the perfect friend and helper!

Say the memory verse again.

End class with a prayer, thanking God for helping us in our time of need and for Christ who has already overcome temptation and can help us through our temptation.

Wednesday Evening Class

1. Review Memory Verse with game/activity listed.
2. Sing a couple of songs
3. Review Lesson
 - a. What is temptation
 - b. Review how Jesus was tempted
 - c. Review how Jesus is able to help us. (What has Jesus done for us)
4. Use the Supplemental Activities to reinforce the lesson.