

NEW TESTAMENT 2023

Come, Follow Me

with
Living Scriptures
STREAMING

Overcoming Temptations Together

Matthew 4; Luke 4-5

Objectives:

- Teach that Jesus Christ can help us overcome temptation and that we can help each other avoid and overcome temptation

Reinforces Principles of:

- Obedience, Strengthening Others

Reverence Time

Song:

Choose the Right Way Children's Songbook page 160

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/choose-the-right-way>

Scripture: Matthew 4:2-4

"And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-overcoming>

Lesson Time

Overcoming Temptations Together

Lesson

Summary:

Jesus went into the wilderness to fast and pray and learn from Heavenly Father. After He had fasted 40 days, Satan came to tempt Him. He offered Him things that He would want, but that were wrong. Jesus resisted.

Jesus taught us by His example how we can resist temptations in our own lives. Through His spirit, we can receive strength to overcome and avoid temptations. We can also help others when they are facing temptations with gentle reminders, love, and prayers. We can fast, pray and learn from the scriptures together. We can decide now to make good choices. All these things can help us when we face temptations.

Jesus taught the people how to make good choices and asked them to follow Him. He called good men to help Him teach the people. He said they would be “fishers of men”. They would help many people learn to make good choices, resist temptations and follow Jesus Christ.

Quote:

“The Lord knows how to rescue us from the power of temptation, and since the devil has this great ability to tempt and entice us, it is necessary that we know the way of deliverance and of escape from his power... As Jesus has helped us, so should we help one another. How should we deal with temptation? Avoid it, resist it, and pray for help from God, through the grace of Christ, to overcome it.” Robert J. Matthews

Questions:

What are some things Jesus did to help Him resist temptation?

What are some ways we might be tempted?

What can we do to resist temptation?

What are some ways we can help our family avoid or overcome temptations?

How can fasting help us?

What does it mean to be a “fisher of men”? (See Matthew 4:19)

Activity Time

Avoiding Temptations

Description: In this game, you must step on the stepping stones of faith, prayer, service, etc., but avoid the floor (temptation!) Work together as a family to get to one side of the room to the other.

What you need: ■ A copy of the "Avoiding Temptation" activity, scissors, a marker

Preparation: 1. Print as many of the rock pages as you have family members, plus one more.
2. Cut out the rocks if desired.

Activity: 1. **Setting up the Game:** We must face temptation in this life, but we have lots of help to overcome it! Help each family member come up with something that can help them overcome or avoid temptations, like prayer, scripture study, fasting, etc. Give each family member a rock paper, and write down what they came up with on the rock. Come up with one more idea as a family and write it on the last rock.

2. **Game Instructions:** The rocks will be your stepping stones. The floor is "temptation". Staying on the stepping stones helps us avoid temptation and be spiritually strengthened. Have your family stand in a straight line. Before the game starts, each family member is standing on a rock. The last family member in line is standing on a rock AND holding a rock. Your family needs to move across the room only stepping on the rocks and avoiding the floor "temptation". The only way they can advance is with the extra rock that is at the end, so the last person in line passes the rock forward. The first person in line places the extra rock on the floor and everyone advances one rock forward. Again this is repeated, with the last person sending the extra rock forward. When the last person in line gets to the other side of the room (safety at the end of the day) your family wins together!

3. **Think about it:** Just like in the game, we need all of our stepping stones, and we need each other to get through each day, safely avoiding temptation. It's much easier when everyone helps each other! What other lessons can you learn from the game?





Treat Time

Fishers of Men Crackers

Prep Time: 5 minutes

Ingredients:

Frosting:
1/4 cup softened butter
2 cups powdered sugar
3 tbsp milk
1/2 tsp vanilla
Blue food color

Decorations:
Graham crackers
Goldfish crackers
Small oranges (like mandarines or Cuties)
toothpicks
paper, scissors, glue stick and a pen



Instructions: Make frosting ahead of time. Beat together butter and 1 cup powdered sugar. Add milk and beat again. Add remaining cup of sugar and vanilla and beat until creamy. Reserve 1-2 tablespoons of white frosting. Tint the rest blue using 8-10 drops of food color. Crush 1 square of graham cracker and reserve crumbs. Slice orange into circles and then cut circles in half. Cut paper into small triangles.

Treat Time: Read Matthew 4:19. Give each family member a graham cracker, some blue frosting, and something to spread it with. Let family members spread blue frosting on their graham crackers to look like water. Sprinkle graham cracker crumbs near the bottom to look like sand. Write Matthew 4:19 on the white triangle and glue it to the toothpick to form a sail. Stick the sail in the orange slice to make a boat. Place the boat at the top of the water. Add goldfish wimming in the water, and pipe the white frosting as dots for bubbles.

Explain: Jesus suffered many temptations and overcame them. Then he went and taught others how they could choose the right and overcome temptations. He called men to follow him, promising that he would make them fishers of men. What does that mean? (Discuss.) How can we be fishers of men?