



**Week:** 4 - No

**Date:** Feb. 7, 2021

**Scripture:** Luke 4:1-13 – Jesus fasts and overcomes in the desert

**Big Idea:** When life gets hard or dark, everyone is prone to indulgence. We try to quickly fill the void inside or calm the chaos outside by giving ourselves special permission to cheat, binge, escape, gratify, or numb ourselves. But lasting peace is never found in these quick fixes and, conversely, they often hurt us rather than help us. God has provided us with everything we need to experience deep and satisfying peace, even in the deserts of life. This peace begins when we recognize the temptations that undermine us and learn to tell ourselves, “no.”

**Video:**

**Preparation:** Mom and/or dad, take time to prepare well for this spiritual experience with your son or daughter and perhaps their friends. Proper preparation includes reading through this guide, setting up a comfortable environment, preparing the videos, materials (*everyone will need a Bible, pen and notebook/journal*) and snacks, and prayer. It also includes giving your participants time to prepare as well. Let them know in advance what you want to do and then remind them a few minutes before your start time so that they are ready too.

**Interactive game / activity**

- @Home: [Super Bowls: Toilet Trivia](#)

Using this [Google Slides Presentation](#), test your knowledge of the most Super of Bowls, the toilet. Questions will be on one slide, first person to guess the correct answer is the winner!

**Activity Debrief:** (This would be a good time to pass out snacks)

If you won the Super Bowl, what would be the first thing you did with the trophy / where would be the first place you took the trophy?

**Video Teaching:** 4Words - No

*“Today we are wrapping up our series 4Words. If we are going to move forwards this year, there are four-words that we need to speak regularly. These four words are please, thanks, yes, and no. Tonight we continue with “Yes”. When life gets hard or dark, everyone is prone to indulgence. We try to quickly fill the void inside or calm the chaos outside by giving ourselves special permission to cheat, binge, escape, gratify, or numb ourselves. But lasting peace is never found in these quick fixes and, conversely, they often hurt us rather than help us. God has provided us with everything we need to experience deep and satisfying peace, even in the deserts of life. This peace begins when we recognize the temptations that undermine us and learn to tell ourselves, “no”.*

Play the video [HERE](#)

Ice Breakers:

- What is the weirdest / silliest warning sign or label you have seen?
- What is the first thing that comes to mind when you hear the word, “temptation”?

Discussion Starters:

- What are some of the “biggest” temptations in our culture today?
- What situations have you been put in where you have been tempted to compromise what you believe?

Scripture: Read Romans 5:17-21 as a group and consider the questions below.

**Context:** Paul talks a lot in this chapter about the temptation of Adam and Eve vs the temptation of Christ. When Paul says in verse 12 that sin and death came through one man, he is referring to Adam and Eve’s failure to conquer temptation in the garden of Eden. This is where we pick up our verses to look at together.

*<sup>17</sup> For if, because of one man’s trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. <sup>18</sup>Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. <sup>19</sup> For as by one man’s disobedience the many were made sinners, so by one man’s obedience the many will be made righteous. <sup>20</sup> Now the law came in to increase the trespass, but where sin increased, grace abounded all the more, <sup>21</sup> so that, as sin reigned in death, grace also might reign through the righteousness leading to eternal life through Jesus Christ our Lord.*

Digging Deeper:

- Who is the, “one man” whose trespass brought death referring to? What is the consequence of the reign of death that was brought forth from their trespass? (Hint: sin, separation from God)
- What is the, “act of righteousness” that, “leads to justification and life for all men” referring to? What does justification mean? Why do you think Paul says that this, “act of righteousness” also leads to, “life for all men”?
- Who is the, “one man” whose obedience makes many righteous referring to? What is the act of obedience that is being talked about? How does this act make us righteous?
- How do we overcome the reign of death and experience the, “righteousness leading to eternal life”?

Application:

- Why is it often hard to say, “no” to ourselves when it comes to our own temptations?
- What can you do this week to hold yourself accountable to saying, “no” to yourself when temptation comes?
- What can we do as a family to hold each other accountable to saying, “no” to ourselves when temptation comes?
- In your life specifically, what is one thing you need to say, “no” to this week so you can better say, “yes” to Jesus?

Closing activity & prayer: choose 1 of the following options to close your time together.

- SINGING: [Christ Be Magnified](https://www.youtube.com/watch?v=jjGMIYwK9M) by Cody Carnes <https://www.youtube.com/watch?v=jjGMIYwK9M>
- JOURNALING: Take some time and be honest with yourself in reflection. Where do you need to say “no” to yourself? Where are you looking to other things (instead of Christ) to fulfill you or bring you peace? What temptations are you currently struggling with? Take some time and write out some thoughts around these questions, then write out a prayer to God asking for help to overcome temptation, and say “no” to yourself so that you can better find peace and fulfillment in Christ.
- SCRIPTURE: Meditate on, memorize, and make this verse your prayer: **James 4:7**
  - *“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”*
- PRAYING: Close your group time in prayer for one another. Share prayer requests and assign partners to pray for one another throughout the week.