

## References

Matthew 4:1–11;  
*The Desire of Ages*,  
pp. 114–131



## Memory Verse

“I have hidden your word in my heart that I might not sin against you” (Psalm 119:11, NIV).

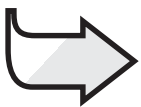


## Objectives

The children will:  
**Know** that resisting temptation is an act of worship.

**Feel** a need to follow Jesus’ example by calling on God for help.

**Respond** by praising God for help in overcoming sin and temptation.



## The Message

When I have God’s Word in my heart, I can say no to Satan.

# No! No! No!

## Monthly Theme

We praise God in our times of worship.

## The Bible Lesson at a Glance

Jesus is led by the Spirit into the wilderness. After fasting for forty days and forty nights, He is hungry. Satan tempts Him to turn stones to bread. Jesus answers, “It is written, ‘Man shall not live by bread alone.’ ”

Satan tempts Him twice more. He takes Him to the highest point of the temple and tempts Him to throw himself down. Again Jesus answers by quoting Scripture. Satan then takes Him up into a mountain and says, “Fall down and worship me.” Jesus answers, “Away from Me, Satan! For it is written ‘You shall worship the Lord your God and Him only shall you serve.’ ” After that, Satan leaves Him, and angels come to attend Him.

## This is a lesson about worship.

Jesus relied on Scripture as He refused to give in to temptation and thereby honored God. This was an act of worship. We, too, can worship God as we find answers to everyday life in Scripture and refuse to give in to Satan’s temptations.

## Teacher Enrichment

“The devil always attacks us at our times of greatest weakness, for it is then we are most likely to fall. For this reason it is of vital importance to preserve the physical, mental, and emotional powers at a high level of strength and efficiency. Anything that weakens these powers weakens our defense against the wiles of the tempter. Such things as overwork, lack of exercise, overeating, a faulty diet, lack of sleep, or anything that lessens intellectual alertness and emotional control tends to open the way for the evil one to enter the soul. To entertain thoughts of discouragement, defeat, or resentment will have the same effect. We must set our thoughts and affections on things above (Col. 3:2) and fill our minds with things that are true, honest, pure, and lovely (Phil. 4:8). We must bring the body into subjection to the laws of our physical being, for it is impossible fully to appreciate things of eternal worth if we live in violation of the natural laws that govern our being” (*The SDA Bible Commentary*, vol. 5, p. 310).

## Room Decorations

### Bulletin board ideas:

1. Display a list of the books of the Bible. Encourage children

who arrive early to learn them.

2. Make a large heart and add the caption "We worship and praise God." Have the children write their names on the heart. From the heart have streamers going to paper balloons. On the balloons have pictures of different ways to praise and worship God.

## Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
<b>1</b> Readiness Options	up to 10	A. <i>Simon Says</i> B. <i>It's Impossible</i>	none watering can, plant, empty thread spool, needle
<b>Any Time</b> Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> box covered to look like a Bible Bible
<b>2</b> Bible Lesson	up to 20	Experiencing the Story  Memory Verse  Bible Study	all items are optional: stones, bread, picture of Jerusalem, picture of the world or a globe chalkboard/large sheet of paper (optional), chalk/marker (optional) Bibles, paper, pencil
<b>3</b> Applying the Lesson	up to 15	<i>Easy Solution</i>	none
<b>4</b> Sharing the Lesson	up to 15	<i>Hidden In My Heart</i>	two heart shapes per child (see p. 142), glue or glue sticks, pencils, paper, scissors, crayons/markers, Bible

**\*Prayer and Praise may be used at any time during the program.**

## Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Listen to last week’s memory verse and encourage the children to share any experiences from last week’s lesson study. Have them begin the readiness activity of your choice.



## Readiness Activities

Select the activity most appropriate for your situation.

### A. Simon Says

Play “Simon Says.” Explain to the children that they are to follow you when you say “Do this” and not to follow your actions when you say “Do that.” Have a helper on either side of the room doing completely different actions. Tell the children to follow only you. Play for about three minutes.

### Debriefing

Ask: **What were you thinking when people were trying to distract you? What did you have to do to make sure that you followed the right person? Many times we try to do what is right, but Satan tempts us to do wrong. Satan tempted Jesus when He was very weak, but Jesus said “No.” Today we are going to discover how Jesus dealt with temptation. Today’s message says:**



**WHEN I HAVE GOD’S WORD IN MY HEART, I CAN SAY NO TO SATAN.**

**Say that with me.**

### You Need:

- watering can
- plant
- empty thread spool
- needle

### B. It’s Impossible

Give one of the children an empty watering can and ask them to water the plant. When they cannot complete the task, ask another child. Give a child the empty thread spool and ask them to thread the needle. You may want to add other impossible tasks.

### Debriefing

Ask: **Why could the children not do what I asked? How did it feel to be given a task that was impossible? Allow time for responses. What do you need to water the plant? What do you need to thread a needle? What do we need so we can say “no” to temptation? In today’s lesson we will learn more about temptation and how we can say “no” to it. Today’s message gives us a clue. It is . . .**



**WHEN I HAVE GOD’S WORD IN MY HEART, I CAN SAY NO TO SATAN.**

**Say that with me.**

# Prayer and Praise



## Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review last week's memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



## Suggested Songs

- "I Have Decided to Follow Jesus" (*Sing for Joy*, No. 119)
- "I Would Be True" (*Sing for Joy*, No. 117)
- "Dare to Be a Daniel" (*Sing for Joy*, No. 116)
- "God Is So Good" (*Sing for Joy*, No. 13)
- "Sing Praises to the Lord" (*Sing for Joy*, No. 2)



## Mission

Share a story from *Children's Mission*. Emphasize worship in the story.



## Offering

Say: **We worship God in many different ways. When we bring our offerings, we worship Him by returning some of what He has given us.**

### You Need:

- box covered to look like a Bible



## Prayer

Ask each child to think of something that is a temptation for them. When they have finished, say: **When Jesus faced temptation, He answered it with a verse of Scripture. Let's read a Bible promise that will help us when we are tempted.** Read aloud 1 Corinthians 10:13. **"And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it" (NIV).** Then say: **When we ask God for help and study His Word, we are able to resist temptation.**

### You Need:

- Bible

## Bible Lesson

### You Need:

- All items are optional:
- stones
  - bread
  - picture of Jerusalem
  - picture of the world or a globe

### Experiencing the Story

#### Setting the Scene

Form four groups and assign a helper to each one. Have the groups practice the following before you begin the story:

<b>When you say:</b>	<b>The children:</b>
<b>Jesus</b>	Point up.
<b>Satan</b>	Point down.
<b>God</b>	Point up.
<b>angel</b>	Link thumbs and flap hands.

#### Read or tell the story.

After He was baptized, **Jesus** needed to be alone. He wanted to pray to **God** and think about what He had to do on earth. So He went into the desert. He did not eat for 40 days. When it was time for **Jesus** to leave, **Satan** suddenly appeared. This was not unusual. **Satan** had been bothering **Jesus** since He was a baby. He had probably been at **Jesus'** baptism.

**Satan** knew **Jesus** was hungry and weak, so he said, "If You are **God's** Son, turn some rocks into bread." [Optional: take out some rocks and bread.] **Satan** knew **Jesus** was **God's** Son. He was being cruel by saying, "If You are **God's** Son." He also knew **Jesus** would never do miracles to help Himself, only to help others.

**Jesus** had learned about the Scriptures from His mother, Mary, and at the synagogue where He grew up. When **Satan** said, "Turn some rocks into bread," **Jesus** thought about the things He had learned from His mother and at the synagogue.

"People don't live just by eating only," He said, looking **Satan** right in the eye, "but by the words that come from **God**." **Jesus** let **Satan** know He would depend on **God** for His food.

Then **Satan** led **Jesus** to the temple in Jerusalem. [Optional: Show picture of Jerusalem.] The temple at that time was very tall. **Satan** stood **Jesus** at one of the highest places on the temple. It was probably the place where the priests stood and blew the horn to call the people to worship.

"If You are **God's** Son," sneered **Satan**, "jump off. The Scriptures say, 'Your Father will send **angels** to rescue You. They'll catch You and keep You from crashing onto the rocks.'" That was true. The **angels** would keep Him from crashing onto the rocks. But **Jesus** knew He couldn't use His powers to save Himself. He also knew He wouldn't jump.

"The Scriptures also say, 'Do not challenge the Lord,'" **Jesus** replied.

**Satan** decided to try one more thing. He took **Jesus** to a high mountain. He showed Him all the kingdoms of the world. [Optional: Show picture of the world.]

"Bow down and worship me," **Satan** demanded, "and all this can be Yours." **Satan** was lying. He couldn't promise the world to **Jesus**, because it didn't belong to him. **Satan** knew if **Jesus** bowed down to him, everyone would be lost forever.

"Get away from Me, **Satan!**" **Jesus** commanded. "The Scriptures say, 'You must only worship and serve **God**.'" "

**Satan** left **Jesus** then. He knew **Jesus** would never worship anyone but His Father.

After **Satan** left, some **angels** came and took care of **Jesus**. They gave Him food and water.

How did **Jesus** resist **Satan's** temptations? He read the Scriptures and

thought about them. He went to the synagogue every week. He participated in worship services when His family went to Jerusalem. And He always prayed. Worshiping **God** gave Him strength.

### Debriefing

Ask: **Has anyone here ever been really hungry? What does it feel like?**

**Can you imagine what it would be like not to eat for 40 days? If you went without food for several days, what would happen to you?**

**Would you do wrong so you could eat? Jesus could have given in to Satan's temptations, but He didn't. Each time He was tempted by Satan, Jesus answered in the same way. How did He begin?** ("Scripture says" or "It is written.") **What can we learn from that?**

**Jesus overcame so that you and I can have eternal life and live with Him forever. Because He said no to Satan, we can too. Let's say our message together:**



**WHEN I HAVE GOD'S WORD  
IN MY HEART, I CAN SAY NO  
TO SATAN.**

### Memory Verse

Write the memory verse where all can see it. Repeat the verse several times using the following actions.

<b>I have</b>	Point to self.
<b>hidden</b>	Hide hands behind back.
<b>your word</b>	Palms together; then open.
<b>in my heart</b>	Hand over heart.
<b>that I</b>	Point to self.
<b>might not sin</b>	Shake head.

**against you.** Point upward.

**Psalm 119:11** Palms together; then open.

### Bible Study

In advance, write the following on three pieces of paper:

Temptation 1 Matthew 4:1-4;  
Luke 4:1-4;  
Deuteronomy 8:3

Temptation 2 Matthew 4:5-7;  
Luke 4:5-8;  
Deuteronomy 6:13

Temptation 3 Matthew 4:8-11;  
Luke 4:9-12;  
Psalm 91:11, 12;  
Deuteronomy 6:16

Form three groups and give each group one of the papers. Ask each group to read the texts assigned to them and answer the following questions. Allow time for the groups to report their findings.

1. What was Satan trying to get Jesus to do?
2. What was wrong with what Satan asked Jesus to do?
3. What can we learn from the Old Testament verses?

All the Old Testament references come from Moses' farewell speech to the Israelites:

Deuteronomy 8:3—Moses reminds the people how God gave them manna. Spiritual food is more important than physical.

Deuteronomy 6:13—Moses reminds the people to worship only God.

Deuteronomy 6:16—Moses reminds the people not to complain and test God's patience as they did when they needed water. (See Exodus 17:1-7.)

### You Need:

- Bibles
- paper
- pencil

### **Debriefing**

Ask: **Can you think of ways like these in which we are tempted today? If Jesus lived on earth today, what do you think Satan would tempt Him with? What does Satan tempt us with today?**

**Satan quoted Scripture to Jesus. How did Jesus know that what Satan**

**said was wrong?** (Jesus had studied the Scriptures.)

**Knowing the Scriptures will help us know how to answer Satan's temptations today. Let's say today's message:**



**WHEN I HAVE GOD'S WORD  
IN MY HEART, I CAN SAY NO  
TO SATAN.**

## **3**

### **Applying the Lesson**

#### **Easy Solution**

Divide the children into small groups and say: **I have a problem to share with you. Can you help me find the best solution?**

**Johanna arrived at school and realized she had forgotten her homework. Her friend Elaine said, "You can copy mine" and handed it to Johanna. What should Johanna do?**

Allow each group to respond.

#### **Debriefing**

Ask: **What would you do if you were Johanna?**

**What could happen if Johanna copied her friend's homework?**

**What might happen if she did not turn in her homework?** Take a vote based on the solutions that the children have come up with.

Say: **Often, we are tempted to do wrong. What should we do when temptation comes our way? Let's remember today's message:**



**WHEN I HAVE GOD'S WORD  
IN MY HEART, I CAN SAY NO  
TO SATAN.**

**Say that with me.**

## 4

## Sharing the Lesson

### Hidden In My Heart

Give each child two heart shapes (see page 142) to cut out and glue together, leaving the top open. Encourage them to copy a Bible promise and James 4:7 onto pieces of paper and tuck them in the middle of the hearts.

#### Suggested Bible promises:

Joshua 1:9	Psalm 37:39
2 Chronicles 20:15b	Psalm 91:9, 10
Isaiah 40:31	Matthew 11:28
Isaiah 41:10	Matthew 24:13
Psalm 34:7	John 14:1–3

Have the children form pairs. Ask them to share the texts they chose to hide in their heart and explain why they chose those texts.

Say: **Take your hearts home and show them to your family or to a**

**friend. Share the Bible promise and tell why you chose it. Ask them to tell you their favorite Bible promise.**

### Debriefing

Ask: **Why is it important that we read our Bibles and learn Bible verses? How does it help us to resist Satan? How does it help us share God's Word with others?**

**What happens to us if we do not read the Bible and learn more of God's Word? Let's repeat our message for today:**



**WHEN I HAVE GOD'S WORD  
IN MY HEART, I CAN SAY NO  
TO SATAN.**

### Closing

Gather the children around a Bible and pray that each one will make time to read it and think about its message every day.

#### You Need:

- two heart shapes per child (see p. 142)
- glue or glue sticks
- pencils
- paper
- scissors
- crayons/markers
- Bible



## No! No! No!

### References

Matthew 4:1–11;  
*The Desire of Ages*,  
pp. 114–131

### Memory Verse

“I have hidden your word in my heart that I might not sin against you” (Psalm 119:11, NIV).

### The Message

When I have God’s Word in my heart, I can say no to Satan.

*Have you ever been tempted to do something that Mom or Dad have told you not to do? To do something you know is wrong? Satan tempted Jesus, but Jesus said “No.” How was He able to be so strong?*

Jesus had just been baptized by John. He needed to be alone. He wanted to pray and think about what He was to do on earth. So He went into the desert. For 40 days He did not eat. He prayed all day, every day. When it was time for Jesus to leave, Satan suddenly appeared. This was not unusual. Satan had been bothering Jesus since He was a baby. He was probably present at Jesus’ baptism.

Satan knew Jesus was hungry and weak. So he said to Jesus, “If You are really God’s Son, turn some of these rocks into bread.” Satan knew Jesus was God’s Son. He also knew that Jesus would never do miracles to help Himself. He would only help others.

Jesus had learned the Scriptures from His mother and at the synagogue His family attended. When Satan said, “Turn some rocks into bread,” Jesus thought about the things He had learned.

“People don’t live just by eating,” He replied, “but by the words that come from

God.” Jesus let Satan know that He would depend on God for His food.

Then Satan led Jesus to the temple in Jerusalem. Satan took Jesus to one of the highest places on the temple. It was probably the place where the priests stood to blow the horn to call the people to worship.

“If You are God’s Son,” sneered Satan, “jump off. The Scriptures say, ‘Your Father will send angels to rescue you. They’ll catch you and keep you from crashing onto the rocks.’ ” That was true. God had promised that angels would keep His people from crashing onto the rocks. But Jesus knew He couldn’t use His powers to save Himself. He also knew He wouldn’t jump.

“The Scriptures also say, ‘Do not challenge the Lord,’ ” Jesus replied.

Satan tried one more thing. He took Jesus to a high mountain. There he showed Jesus all the kingdoms of the world. “Bow down and worship me,” he demanded, “and all this can be Yours.” Satan was lying. He couldn’t promise the world to Jesus. It didn’t belong to him! The world and everything in it belongs to God. Satan knew if Jesus bowed down to him, He could not save the world. Everyone would be lost forever.

“Get away from Me, Satan!” Jesus commanded. “The Scriptures say, ‘You must only worship and serve God.’ ”

Satan left Jesus then. He knew Jesus would never worship anyone but His Father.

After Satan left, angels came to be with Jesus. They comforted Him. And they gave Him food and water.

How did Jesus resist Satan’s temptations? He read the Scriptures and thought about them. He went to the synagogue every week. He participated in worship services. And He prayed. You can read one of His prayers in John 17. Worshiping God gave Him strength. It can do the same for you.



## Daily Activities

### Sabbath

- Jesus spent 40 days in the wilderness. If possible, go for a walk with your family and compare what you see with what it would be like in a wilderness. Collect some rocks and show them as you read your lesson together.
- Count 40 days on the calendar. How many weeks was Jesus in the wilderness?
- Thank Jesus for resisting Satan's temptations.

### Sunday

- Read or say the memory verse. Draw an open Bible. Write the words of the memory verse across the pages.
- Cut up your picture to make a puzzle. Ask your family to put the puzzle together during worship. Continue with the puzzle until they can say the verse.
- Ask God to help you say no to Satan's temptations.

### Monday

- During family worship read Matthew 4:1-3. Where did Jesus go? Why?
- Look on a map and find the desert nearest your home. Jesus probably was in the desert near Mount Nebo. Look for Mount Nebo on a Bible map.
- If possible, help make some bread. As you smell the bread baking, think what it is like to be really hungry. Pray for those who do not have enough to eat. How can you help them?

### Tuesday

- Read Matthew 4:5-7 for family worship today. Where was Jesus' second temptation? Find Jerusalem on a Bible map.
- Use old magazines and newspapers to make a collage of tall buildings and food. In the middle

write **NO** in big letters to remind you that Jesus resisted temptation.

- What is the highest building in your town? Visit a high place where you can look down to see your town.
- Thank Jesus for Bible promises.

### Wednesday

- During family worship read and discuss Ephesians 6:10-17.
- Using things around the house, try to make a set of armor. Show your armor at family worship and talk about what each piece means.
- Pray that all your family will put on God's special armor.

### Thursday

- Ask your family: Which text holds the solution for each of the following problems? See Ephesians 6:1; Exodus 20:15; Ephesians 4:32.
  1. John is tempted to be mean to his little brother.
  2. Sheila would rather play than help her Mom.
  3. George is tempted to steal a toy in the store.
- During family worship read Matthew 4:8-10. Satan tempted Jesus by showing Him the world. What is the most important thing in your life?
- Ask Jesus to help you put Him before everything else.

### Friday

- Divide your family into two groups and read Matthew 4:1-11 responsively. Think of similar temptations you face. What scripture can you use to resist?
- Say your memory verse together.
- Sing a song of praise. Then thank God for His Word that helps you resist Satan's temptations.