



WEEK ONE – OCTOBER 2024 – PRETEEN

Bible Story: *Jesus Tempted in the Wilderness | Luke 4:1-13; Matthew 4:1-11*

Key Question: *How do you get ready?*

Memory Verse: *“God’s power has given us everything we need to lead a godly life. – 1 Peter 1:3a (NirV)*

Virtue: *Self-Control – Choosing to do what’s best, even when you don’t want to*

Basic Truth: *I can trust God no matter what*

Series Overview: There are a lot of choices that we need to make in life. Some of those choices can help us grow and shape us positively. Others can pull us in different directions, leaving us struggling to figure out which choice is best. What do we do when we’re confronted with all of these choices? Do we rush ahead? Or do we pause and let God lead us toward the best way to act? Self-control is a fruit of the Spirit. It’s one of the ways we can tell that God is transforming our lives and that we’re growing in our faith. Thankfully, we don’t have to find self-control on our own. When we follow Jesus, God’s Spirit is with us and helps us make the wise choice.

Bottom Line: How do you get ready? Think about the best party you’ve ever been to. It probably had great food, great entertainment + more. Now think back to when you were in school and got an A on a really hard test. You probably took the time to study and be prepared. As preteens think through this question and think about what it means to be ready, our hope is that they will begin to see how preparation can help them when they’re faced with important moments and decisions.

9:05 - 9:20 | 11:05 – 11:20 | EARLY ARRIVERS ACTIVITY

Opening Small Group Activity

Play: an activity that encourages learning through following guidelines and working as a group

What You Need: Index Cards; writing utensils

What You Do:

- Welcome kids by name as they arrive with a fist bump or high five
- Give each kid an index card and a pen.
- Tell kids to write down 10 of their favorite foods. Challenge them to come up with unique foods that others might not think of.
- When finished, direct kids to take turns reading one thing from their list.
 - If other kids have that same food item on their list, direct them to respond by pretending to eat that food then cross it off their list.
- After all the items on each kid’s list have been read and any duplicates crossed off, the kid with the most items remaining is the winner.
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What You Say:

“Hearing all those favorite foods made me think about what’s for lunch!

***[Transition]* Today we’ll hear about a time when Jesus missed breakfast, lunch, AND dinner—for many days. Let’s go find out more.”**

9:20 - 9:50 | 11:20 – 11:50 | LARGE GROUP

Large Group Overview: We start the month in Luke 4:1-13. We see how Jesus was led into the desert by the Spirit and tempted by the devil for 40 days. Jesus was able to face these temptations because He was prepared and understood God’s Word. In this passage, we can see from Jesus’ actions how important it is to be

prepared. Then, with God’s help, we’ll be able to face whatever situations come our way.

9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP

Take a Snapshot

[Live For God | Application Activity]

Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: “Bread, Brag, Bling” Activity Page

What You Do:

- Give each kid a set of cards from the “Bread, Brag, Bling” Activity Page.
- Explain that each card represents an area of life we need God’s help to have self-control.
- Choose a different kid to read each explanation on the cards and use the following to have a discussion about each one:
 - Bread: When our body gets the better of us.
 - *Feeling hungry is not a temptation. However, we can be tempted to make bad choices in the things we say and do when we’re hungry, tired, or not feeling well.*
 - Brag: When our pride gets the better of us.
 - *Sometimes we are tempted to prove how cool, smart, or talented we are. We might do something to show off or get attention. Sometimes we just want our own way.*
 - Bling: When our eyes get the better of us.
 - *It’s easy to want stuff we see others have like clothes, phones, video games, or money. This might make us feel ungrateful or dissatisfied.*

- Once kids understand each category, share a situation from below. (Or come up with others your kids can relate to the most.)
- Invite kids to hold up the card that matches the type of temptation the scenario could cause.
 - If kids hold up different cards, let them explain what they chose.
- Invite kids to suggest wise and unwise choices someone might make in each situation.
 - ***[Make it Personal] If a specific scenario reminds you of a situation you have faced, briefly share how you showed self-control or, possibly, how you let your words or actions get the better of you and the consequences you faced because of it.***
- Situations:
 - There's only one piece of pizza left, and you're not the only one who wants it.
 - Some kids are bragging because they only got one or two wrong answers on a really hard test. You got a perfect score.
 - All your friends have their own phones, but you don't.
 - You're hiking with your family. Your feet hurt. You're hot and sticky. There are mosquitos everywhere, and now your parent thinks they may have misread the map.
 - Your friends dare you to steal a candy bar from the store.
 - No one will know if you watch a movie your parents have told you is not allowed.
 - You're good at being funny and making others laugh. Everyone likes you.
 - Your family is traveling together to see your cousins. It's a long trip and you're tired, bored, and hungry.
 - The lady in front of you dropped a \$20 bill on the floor. No one sees it except you.
 - Collect all the cards and set them aside for the Make it Personal with Prayer activity.

Pray + Dismiss

[Pray to God | Prayer Activity]

Reflect: an activity that creates space for personal understanding and application

What You Need: Bread, Brag, Bling” Activity Page from the Take a Snapshot Activity

What You Do:

- Spread out all of the cards from the “Bread, Brag, Bling” Activity Page in your group space.
- Invite kids to choose one of the cards and stand or sit by it.
 - Kids can stay near each other or choose different cards.
- Use the cards as prayer prompts that focus on different areas where self-control can be challenged.
 - Bread: Invite kids to ask for God’s help to make wise choices in times when they feel tired or hungry or just want what they want.
 - Brag: Invite kids to pray for self-control when they feel like showing off or getting attention.
 - Bling: Invite kids to ask for God’s help to be content and grateful and not be jealous of what others have.
- Allow kids a few minutes to pray silently or aloud with the others gathered near the same card then after a couple of minutes, ask them to rotate to a different card.
- Repeat until they have moved to each of the cards.