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Jesus Is Tempted , Jesus Never Sinned

Scripture: Matthew 4:1-11

Theme: Jesus faced temptation but never sinned , He is the perfect Savior

4th-6th Grade (Ages 9-11)

Free curriculum for small and rural churches

Lesson Overview

Sunday School Lesson: "Jesus Is Tempted , Jesus Never Sinned" (Matthew 4:1-11 , The Theme: He Is the Perfect Savior!) --- Opening: A Strong Start Jesus faced temptation just like you might, when you're hungry, tired, or feeling pressured, but He never gave in to sin. Even in the toughest moments, He trusted God's Word and stood strong. Today, we'll see how His example teaches us to fight sin with faith! (Pause for a short prayer.) --- Lesson 1: Jesus Fights Like a Warrior After being baptized and fasting for 40 days, Jesus felt empty, just like when you're tired after a big game! Satan showed Him three tempting "what-ifs": 1. Turn stones into bread (satisfy hunger by breaking God's rules). 2. Jump off the temple (prove God's love by risking death). 3. Worship Satan (get power and fame). Instead of panicking, Jesus quoted Scripture: "It is written..." (Matthew 4:4, 7, 10). He didn't just think about God, He trusted Him! Question for discussion: What's one way you've almost given in to temptation? How can you fight like Jesus? --- Lesson 2: Why Does This Matter? Jesus' victory teaches us two big truths: 1. God's Word is powerful. When we read the Bible or pray, it strengthens us against sin (like armor in a game!). Try this: Before lunch, ask God, "Help me choose wisely today!" 2. Jesus is the perfect Savior. Because He never sinned, His sacrifice really saves us! Imagine if God sent a friend who made mistakes, how much less trustworthy would He be? But Jesus? He was perfect. --- Activity: The "Temptation Jar" Draw a big jar and write down common temptations (e.g., "forget to study," "give up on a goal"). Have kids place their own struggles in the jar. Ask: "How can we trust God like Jesus did when we're scared?" (Example: "Even if I fail, God will love me!") --- Closing: Walk Like Jesus Jesus didn't avoid temptation, He faced it and won because He knew God's plan. Today, ask God to show you where you need strength. End with: "If Jesus never sinned, how should that make you feel? Encouraged to try harder? Thankful for His example?" (Offer hugs or high-fives!) --- Teacher Tip: Keep energy high with movement (e.g., act out Jesus quoting Scripture). Remind kids: "Sin is like a bad habit, Jesus broke the cycle by staying true to God!" End with a simple prayer: "Lord, help me to fight like Jesus when temptation comes." Optional reflection: children can draw a picture of Jesus helping their friends, then share one way they can help someone else this week. This extra activity supports the lesson's theme and gives teachers a simple, lowprep option for extending the discussion.

Bible Story

Jesus Is Tempted (Matthew 4:1-11)

After Jesus was baptized by John in the Jordan River, He was led by the Spirit into the wilderness to be alone for forty days. There, He fasted and prayed, and though He was strong and full of God's power, He also needed to rest and prepare. The Bible doesn't say what Jesus ate, but we know He endured hunger and exhaustion. Satan, the enemy of God, came to test Jesus, he wanted to see if Jesus would give in to temptation and break His trust in God. Just like us, Jesus had to make choices that were right, even when it felt hard.

Satan first tempted Jesus by saying, "If you are the Son of God, turn these stones into bread." Jesus knew that trusting God's provision was better than trying to solve His own hunger with something quick, like a snack. Instead of acting on his temptation, He answered with Scripture: "Man does not live on bread alone, but on every word that comes from the mouth of God." This shows us that even when we feel weak or hungry, we can trust God's promises and not depend on our own strength.

Next, Satan took Jesus to the highest point of the temple and said, "If you are the Son of God, throw yourself down. The angels will catch you." Jesus could have been scared or proud, but He again quoted Scripture: "Do not put the Lord your God to the test." This tells us that God's Word is stronger than fear, and we shouldn't test Him with dangerous or selfish choices. Even when it's tempting to try something risky or extreme, we can choose to obey and trust God.

Finally, Satan led Jesus to a very high mountain and showed Him all the kingdoms of the world, promising them to Him if He would worship him. Jesus didn't want any of it, He knew that worshiping God was the only right choice. Instead of acting on temptation, He said, "Worship the Lord your God, and serve only him." This shows us that true worship is giving our whole hearts to God, not chasing after things that aren't really good for us.

This story matters because it reminds us that Jesus never gave in to temptation, He trusted God's strength and His Word. Even though Satan tried to trick Him, Jesus always chose what was right. When we face tough choices, like hunger, fear, or temptation, we can follow Jesus' example and ask ourselves: What would Jesus do? We can pray, read the Bible, and trust God to help us make the best choices, just like He helped Jesus. Would you like to pray together and ask God to help you trust Him today?

Key Verse

Matthew 4:4 , 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'

God's Word Is More Important Than Food The Bible tells us in Matthew 4:4 that we don't just survive by eating food, we also need to eat something more important: God's Word! Just like you need water and air to live, your brain and heart need God's promises, stories, and teachings to grow strong and wise. This verse reminds us that God's words, like the stories in the Bible, prayers, and even His love, are as necessary as food is for our bodies. Imagine if you only ate junk food all day, your body wouldn't stay healthy! Similarly, if you only listen to bad or scary things, your heart might feel hurt. But God's Word is like delicious, nutritious food that makes your soul feel full and happy. Think about it: What kinds of things make you feel strong and brave? Maybe it's a favorite story, a funny joke, or a song that lifts your spirit. God's Word is like that, but even better! It's the truth that helps us know right from wrong, reminds us we're loved, and shows us how to live in a kind and good way. When you read or listen to God's stories (like the ones in the Bible), you're learning how to be kind, brave, and full of hope. Just like how eating healthy helps your body grow, reading God's Word helps your heart grow too! Here's a question to think about: What's one way you've felt God's love in your life? Maybe it was when someone helped you, or when you read a Bible story that made you smile. God's Word isn't just for big kids, it's for all of us, because it helps us understand why we matter and how to live with love. When you're sad or confused, God's words can be like a warm hug from Him, saying, "You're never alone." One thing we should remember is that God's Word is always true, no matter what's going on in your life. Just like you can trust that the sun will shine tomorrow, you can trust

that God's promises will never fail. For example, when you're feeling scared, His Word can remind you that He's with you, just like a superhero cape! But here's the challenge: How can we make sure we're eating God's Word every day? Maybe it's through reading the Bible, praying, or even talking about its lessons with someone you trust. Here's something to try: Next time you eat breakfast or lunch, think about one Bible verse or story that has helped you. It doesn't have to be fancy, just something simple like "God loves you" or "Be kind to others." Write it down in your journal or tell someone. Over time, these little reminders will help your heart stay strong and full of love, just like God's Word is meant to do! God's Word is like the best secret recipe in the world, it takes time to learn, but once you start, you'll never forget how good it tastes! What's one way you can start "eating" God's Word today? Maybe it's just one verse at bedtime, or a prayer before dinner. Let's grow together in faith!

Activities

Activity 1: Lesson Activity

See instructions below

Supplies needed:

- Paper
- Pencils
- Bible

1. "Jesus' Strength Challenge"
2. This interactive game reinforces Jesus' struggle in the wilderness and encourages kids to identify temptations and their own inner strength.
3. SUPPLIES:
4. - Small, lightweight "challenges" (e.g., paper "candies" wrapped in foil, a rolled-up piece of paper with a snack item, or a small toy)
5. - 3-4 small bowls or cups

Discussion Questions

- Here are four open-ended discussion questions for upper elementary students (ages 9, 11) about Jesus' temptation and His perfection:
 - 1. How did Jesus respond to temptation differently from what you might have done?
 - Matthew 4 tells us Jesus was tempted by Satan, but He never gave in. Think about a time when you faced a challenge, like wanting something that wasn't fair or feeling sad about a mistake you made. How did you handle it? What did you learn from that experience? Why do you think Jesus' response is so important for us to follow? How can we try to act like Jesus, even in small ways?
 - (Deeper question: If Jesus had to fight temptation in the desert for 40 days, why do you think He stayed strong? What might have been some of the hardest things He had to resist? How does that help us know He truly understands our struggles?)
 - 2. What does it mean that Jesus never sinned? How can we grow in ways that don't lead to temptation?
 - The Bible says Jesus was perfect, never doing anything wrong. Even though we struggle with things like pride, anger, or disobedience, we can ask God for help to live like Jesus. Think about one of your own struggles, maybe being lazy, lying, or being mean. How can you ask God to help you fight against those temptations? What small step can you take today to grow in holiness, like Jesus did?
 - (Personal application: If you had to pick one thing to work on this week, like being more kind or reading your Bible more, what would it be? How can you remind yourself of Jesus' example when you feel weak?)
 - 3. How can Jesus' example teach us to trust Him when things are hard?

- Jesus faced many temptations, but He trusted God's plan. When you go through tough times, like when you fail at something or feel disappointed, how do you respond? Do you sometimes wonder if God is testing you? Jesus didn't just resist temptation; He chose to obey God completely. How can you trust God more like Jesus did, even when things feel scary or confusing?
- (Deeper question: Satan tried to trick Jesus by saying things like, "If you are God's Son, turn stones into bread" (Matthew 4:3). What does that tell us about how temptations often look? How can we recognize when temptation is trying to distract us from God's will?)
- 4. Why is it important for us to know that Jesus never sinned? How does that help us when we make mistakes?
- Jesus' sinless life shows us that God loves us and has a plan for our lives. Even though we all struggle with making bad choices, Jesus took all our sins on Himself so we could have a relationship with God. When you make a mistake, whether it's forgetting to pray, being unkind, or giving up too soon, what does it mean to know Jesus never sinned? How can that make you feel different about yourself or God's forgiveness?
- (Personal application: If you had to imagine Jesus sitting beside you right now, what would you tell Him about a struggle you're facing? How does knowing He never sinned help you feel closer to Him when you feel far away?)
- These questions encourage kids to reflect on the story, apply it to their own lives, and think deeper about what it means to walk in Jesus' footsteps. Would you like any adjustments to fit a specific lesson plan?

Prayer Focus

Here's a heartfelt, age-appropriate prayer focus for your lesson on Jesus' Temptation, designed to spark wonder, reflection, and personal application for upper elementary students: --- "Dear God, We come to You today like Jesus did, full of love for You and ready to trust, even when things get tricky. Just like Jesus walked through those hard moments in the desert, we sometimes face fears, temptations, or doubts that make us wonder if we're strong enough or if we're doing things your way. Help us remember that You're always with us, guiding our hearts and showing us how to fight temptation with the same strength You gave to Jesus: with faith, prayer, and love. When we feel tempted to give up, to worry too much, or to do something that doesn't honor You, remind us of Your promise in Matthew 4:10, "It is written: 'Do not put the Lord your God to the test.'" (ESV). Help us ask, "Is this really what God wants for me?" instead of just saying "No" because we're afraid. Teach us to turn to You in the middle of hard times, just like Jesus did. And when we stumble, and we will, forgive us gently and help us keep going. We thank You for Jesus, who never sinned and trusted You even when He was alone. May we learn to trust You more, to listen to Your voice, and to stand firm in what's true, even when the world tries to pull us away. Help us use our time, words, and choices to be light in this world, just like Jesus was. One more thing: if there's a temptation you've been fighting lately, maybe in school, with friends, or even in your own heart, write it down. Pray over it now, and ask God to help you see the best way to handle it. You're never alone, and Jesus is there to help you every step of the way. Amen." --- Teacher's Note for Leading the Prayer: - Start with a question: "Who can share a time they've felt tempted to do something they know isn't right?" (Let a few students share if they feel comfortable, keep it brief!) - Use the prayer above as a guide, but let students add personal names/groups they're praying for (e.g., "Pray for [Friend's Name] to trust God more"). - End with a promise: "Jesus never sinned, and neither will we, if we ask Him to help!" This prayer balances God's faithfulness with personal accountability, helping kids see temptation as a chance to grow, not just a test of strength. Would you like any adjustments to match your class's specific needs?

>> Missions Spotlight

Among the Bedouin peoples of the Middle East, who live in the same desert where Jesus was tempted, the story of temptation in the wilderness resonates deeply. Missionaries share that Jesus understands the harshness of the desert , and the harshness of temptation.

-> To the Cross

Satan tempted Jesus three times, and Jesus never sinned. Adam and Eve failed their test in the garden. Israel failed their tests in the wilderness. Jesus passed His test in the wilderness. Because He never sinned, His death on the cross could pay for OUR sins.