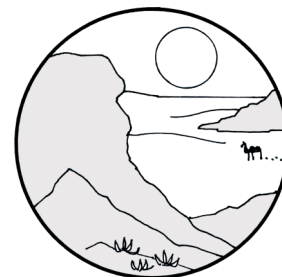




Lesson #1-17

JESUS IS TEMPTED

Matthew 4:1-17

**Key Verse:**

Then Jesus was led up by the Spirit into the wilderness.

Matthew 4:1

The Point:

God's promises help us face temptation.

Unit Theme (December 25—January 15)

God's Promise of Jesus

WILDERNESS REFLECTION

Consider your wilderness experiences.

Supplies:

- † 11 in. x 17 in. paper
- † Sand
- † 1 cup measuring scoop

Instructions:

1. Let's spend some time thinking about our own experiences of the wilderness.
2. I will give you a large sheet of paper and pour of scoop of sand in the middle of it. Spread the sand out on the paper. As you touch the sand, close your eyes and imagine yourself in an actual wilderness—a desert. What do you have access to? What do you need? How do you feel, physically and emotionally?
3. Now reflect back upon an experience from your own life that felt like being in the wilderness. This might be a time where you did not have everything you needed. It could be a time you felt ill, physically or emotionally. It might be a time where you were overwhelmed with concern or grief for someone you care about.
4. With your finger, draw words or images in the sand to express this time. Share this with the person sitting next to you.
5. After you have shared your story, push the sand back into a pile in the center of your paper. Share how God helped you through your wilderness experience.