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 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 fail. 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.

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.
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.

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**Program Overview**

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| Readiness Activities | up to 10        | A. Distractions  
B. It’s Impossible       | none 
watering can, plant, empty thread spool, needle                                    |
| Any Time Prayer and Praise* | up to 10       | Fellowship  
Songbook  
Mission  
Offering  
Prayer                          | none 
Sing for Joy  
Children’s Mission  
box covered to look like a Bible Bible                                             |
| 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 |
| Applying the Lesson | up to 15       | Easy Solution                       | none                                                                           |
| Sharing the Lesson | up to 15        | Hidden in My Heart                  | 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. Distractions
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.

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 couldn’t you do these tasks? 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

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.

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 endure.” Then say: When we ask God for help and study His Word, we are able to resist temptation.
Bible Lesson

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:

When you say:  The children:
Jesus        Point up.
Satan        Point down.
God          Point up.
angel        lift arms up and out, palms up in praise

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. After the 40 days, Satan suddenly appeared.

Satan knew Jesus was hungry and weak, so he said, “If You are God’s Son, turn some rocks into bread.” God had just called Jesus His beloved Son at Jesus’ baptism. If Jesus did this miracle, He would be showing that He doubted God’s word. Furthermore, Satan 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,” Jesus said, looking Satan right in the eye, “but by the words that come from God.” God had said that Jesus was God’s Son, so He did not need to prove it. Jesus wanted Satan to know that to obey and trust God was more important than food at the moment. Jesus knew He could depend on God to provide food for Him at the right time.

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 shouldn’t purposely put himself in danger, and He did not want to use the power God gave Him to save Himself. So He 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 worship and serve only 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. Worshipping 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. Jesus said no to Satan, and 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.

- **I have** Point to self.
- **hidden** Hide hands behind back.
- **your word** Palms together; then open.
- **in my heart** Hand over heart.

**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

**You Need:**

- Bibles
- paper
- pencil

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LESSON NINE
the people not to complain and test God’s patience as they did when they needed water. (See Exodus 17:1–7.)

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.

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.
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
- 2 Chronicles 20:15
- Isaiah 40:31
- Isaiah 41:10
- Psalm 34:7
- Psalm 37:39
- Psalm 91:9, 10
- Matthew 11:28
- Matthew 24:13
- 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!

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. After the 40 days, Satan suddenly appeared.

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. God had just called Jesus His beloved Son at Jesus’ baptism. If Jesus did this miracle, He would be showing that He doubted God’s word. Furthermore, Satan 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.” God had said that Jesus was God’s Son, so He did not need to prove it. Jesus wanted Satan to know that to obey and trust God was more important than food at the moment. Jesus knew He could depend on God to provide food for Him at the right time.

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“Get away from Me, Satan!” Jesus commanded. “The Scriptures say, ‘You must worship and serve only 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. 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. Worshipping God gave Him strength. You too can gain strength as you worship God.
### 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, which helps you resist Satan’s temptations.