

WordOne Bible Study

Oh, So Tempting!

Lent 1 Gospel

by Greg Arnett

Text: Matthew 4:1-11 for the First Sunday in Lent

Objective

Participants will:

1. Reflect on the temptations of Jesus and in their own life.
2. Recognize what Scripture says about temptation.
3. Be reassured of forgiveness when we fall to temptation.

Materials Needed

A large bag of M&Ms

Bible

Paper

Pencil

Group Guidelines

Divide into groups of 5-6 people. Choose as a leader the person who has the most people in their immediate family. The leader's purpose is to keep the group moving through the Bible study and to encourage the participation of all members.

Building Community

1. Have each group come up with as many temptations as they can think of in two minutes. Have one person from each group write the temptations down on a piece of paper.
2. When the time is up, have one person from each group share their list with everyone.
3. Each group will then get as many M&Ms as temptations. Do not eat them yet.
4. Ask everyone in the group to individually make their own "Journal of Temptation," a list of temptations that they have had personally within the last couple of days.

Looking at God's Word

Read the story of Jesus' temptation found in Matthew 4:1-11.

1. Summarize in your own words what these verses mean.
2. What were the three temptations? Why were they tempting?
3. What are the modern day examples of these three temptations?

Reinforcing What Has Been Learned

1. Have everyone summarize the following Bible passages about temptation:
 - a. James 1:13-15
 - b. Genesis 3:1-5
 - c. 1 Corinthians 10:12-14
 - d. Hebrews 2:18
 - e. Luke 21:34-36
 - f. 1 John 1:5-10
2. Keeping in mind the "Journal of Temptation," discuss how these above passages will help us stand firm in our faith when we are tempted the next time.

Closing

Close with a prayer that thanks God for the blessing of forgiveness and asks Him to strengthen you as you resist temptation. Celebrate by eating your M&Ms.

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