



**PRELUDE      SOCIAL      STORY      WORSHIP      GROUPS      HOME**

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

**MADE TO MOVE**

an activity that increases the oxygen in the brain and taps into the energy in the body



**OPENING ACTIVITY**

**WHAT YOU NEED:** Ball

**WHAT YOU DO:**

- Ask kids to stand in a circle.
- Hand the ball to one of the kids in the circle.
- Tell kids that you'll call out an action for the kid who is holding the ball to do. The commands will start out slowly then get faster.
- Demonstrate the commands before you begin so kids are clear on the actions that go with them.
  - Fast Forward It! (gently toss the ball across the circle)
  - Rewind It! (repeat the previous action)
  - Pause It! (freeze in place until next action is given)
  - Pass It! (pass to the kid on left or right—but not across the circle)
  - Smack it! (tap the ball one time)
  - Bounce it! (bounce it one time then catch it)
  - Spin it! (hold the ball and spin around one time)
- Change or add more actions if desired.
- If someone fails to do the action within two seconds, they're out.
- Continue until only one player remains.
- Repeat or let kids come up with new actions.

**TODAY'S BIBLE STORY**

**Exile**

Jesus Tempted in the Desert  
Luke 4:1-13  
(Supporting: Matthew 4:1-11)

**TODAY'S KEY QUESTION**

**When is it hard to do the right thing?**

**TODAY'S BOTTOM LINE**

**Be ready to do the right thing.**

**MONTHLY MEMORY VERSE**

**"God's power has given us everything we need to lead a godly life."**  
2 Peter 1:3a, NIV

**MONTHLY LIFE APP**

**Self-control—Choosing to do what you should even when you don't want to**

**BASIC TRUTH**

**I need to make the wise choice.**

**WHAT YOU SAY:**

"Being ready to respond quickly with the right move was the key to winning in this game. You'd never get through the game by dozing off, checking out, or not thinking about what you were doing. **[Transition] Knowing the right thing to do and being ready to do it is good advice for more than an action game. This month, we're going to take that advice and see what it looks like in our life as we live out our faith and follow Jesus. It's going to be a great month, so let's get started.**"

Lead your group to the Large Group area.





**CREATING A SAFE PLACE TO CONNECT**  
25 MINUTES

### MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding



### TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** Pens, paper, "Thinking Cap" Activity Page

**WHAT YOU DO:**

- Give each kid a piece of paper and a pen.
- As a group, brainstorm situations when it's hard for them to make a wise choice and do what's right. Some examples you're looking for are listed below.
  - When they're discouraged and feel like quitting
  - When they feel scared, worried, nervous
  - When they are tired, hungry, or in a bad mood
  - When pressured by others
  - When hurt or angry
  - When it isn't the popular decision
  - When they aren't sure what is the right choice
  - When they are angry or frustrated
  - When they have to hurry and make a quick decision
  - When they really want something they can't have
  - When they really want to do something they shouldn't or can't do
  - When they don't want to do something they should do
- Allow kids to write on their paper the situations they relate to the most.
- Show the kids how to fold their paper into a hat by following the instructions on the "Thinking Cap" Activity Page.
- You can lead them as a group or provide copies of the activity page for them to use.
- Choose a few examples kids shared earlier and invite them to "put on their thinking caps" to come up with ways to be ready to do the right thing when faced with a temptation.
  - They don't have to literally put on the paper hats, but encourage them to each share some thoughts and ideas—particularly for the examples they wrote on the paper that's now the hat.
- Use some of the following questions to prompt discussion to get kids thinking:
  - How do you decide what is the right thing to do?
  - Is there ever only one right response to a situation? Explain.
  - When you mess up and do the wrong thing, what's the best thing to do?
  - What are some things you can do right now that will help you make a wise choice in any situation?

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WEEK  
**ONE**  
JANUARY 2022

SMALL GROUP  
**PRETEEN**

**PRELUDE**      **SOCIAL**      **STORY**      **WORSHIP**      **GROUPS**      **HOME**

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### DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

**WHAT YOU NEED:** No supplies needed

**WHAT YOU DO:**

**Ask:**

- Do you think it was easier or harder for Jesus to resist temptation than it is for us? Explain.
- How important do you feel it is to resist temptation? Explain.
- How do you know when you're being tempted?
- How can you tell when you have made a wise choice?

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### MADE TO REFLECT

an activity that creates space for personal processing and application



### MAKE IT PERSONAL WITH PRAYER [PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** Timer

**WHAT YOU DO:**

- Set a timer on your phone for two minutes.
- Challenge kids to play a two-minute video in their head of a typical day in their life by picturing the places they will go, people they will be with, and all of the stuff they will do.
- Tell them to hit PAUSE and pray about the scene they are picturing in their mind and ask God to give them the power to do the right thing in that moment
- Tell kids to hit PLAY and move on to picture the next scene in their day as they continue to pray.
- Close in prayer when the two minutes are up.

**WHAT YOU SAY:**

“Dear God, thank You for giving us all we need to live in a way that pleases You. Your power comes as we know and follow You. Remind us to hit PAUSE and call on You for help to do what’s right this week. When it’s hard for us to have self-control, remind us that Jesus faced temptations just like us. The same power that helped Him will help us too. Amen.”

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