

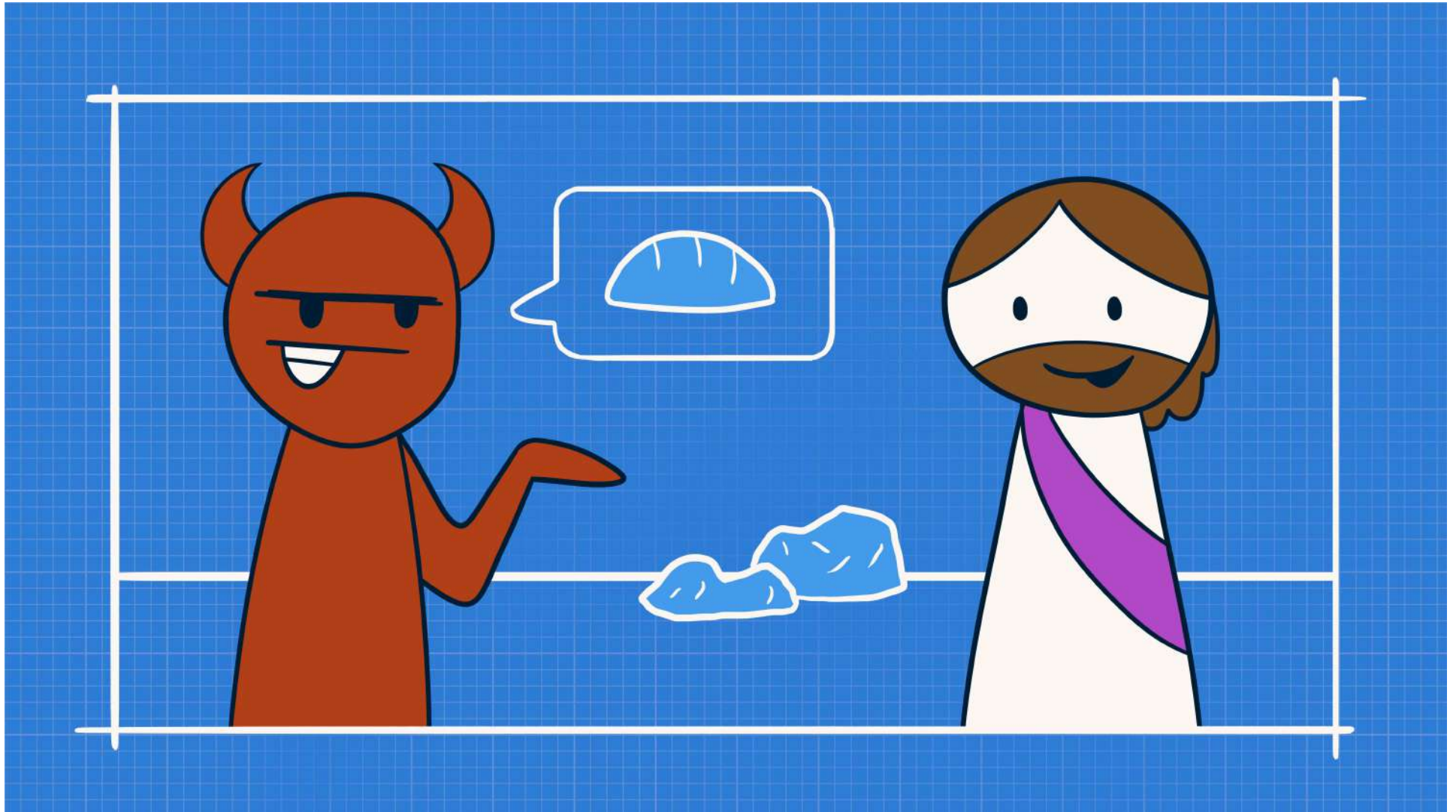
## Jesus' Temptation and the Parable of the Two Builders

Matthew 4:1-10, 7:24-27

***This true story from the Bible is about a time when Jesus was feeling some of the same things we feel. We can learn from His example and deal with how we're feeling, just like He did!***

***There was a time when Jesus spent 40 days and nights in the desert, and while He was there, He didn't eat a single thing. How do you think Jesus was feeling out there? (Allow responses) I'm sure He had lots of feelings. Jesus was probably hot, tired, lonely, and so much more. But the Bible tells us that Jesus was hungry—VERY hungry. Who knows what it's called when you mix hungry and angry? (Hangry) Yeah, hanger is a real thing. When you feel hangry, what's the one food that you want the most. (Allow responses) Oh, yum! I'm getting hungry now just thinking about all of that food!***

***Let's keep reading to see how Jesus dealt with what He was feeling.***

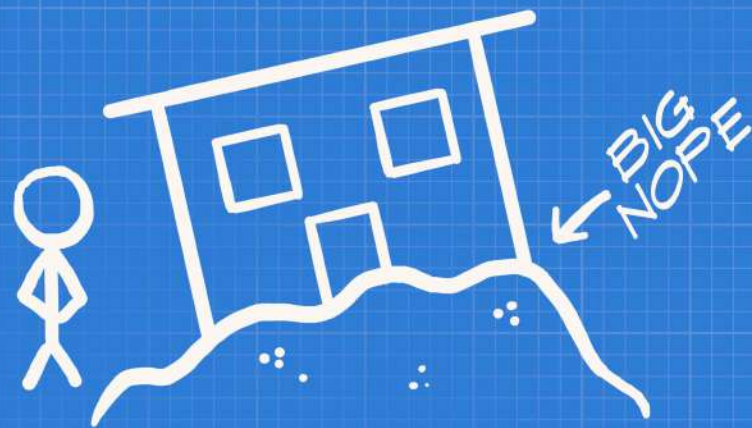
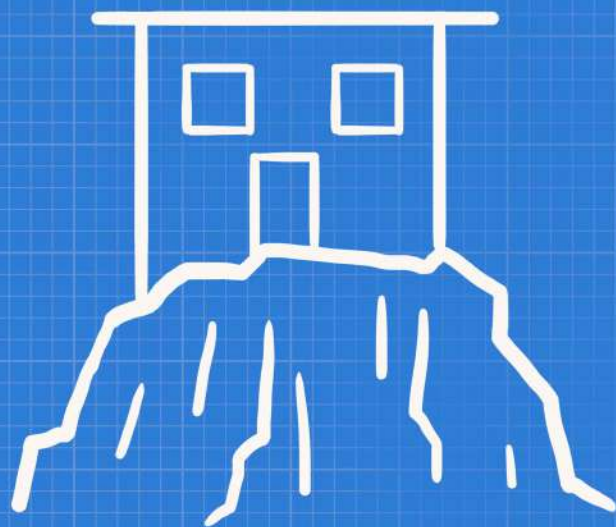


***While Jesus was all alone in the desert, the devil came to him and said, “If you are the Son of God, tell these rocks to become bread.” Jesus could have totally made the rocks into anything He wanted to, and eaten them right up. But instead, Jesus dealt with how He felt by telling the devil, “It’s not just bread that keeps people alive. Their lives depend on what God says.”***

***What do you think happened next? (Allow responses) The devil kept on. He tried to tempt Jesus two more times! But did Jesus give into what the devil was tempting him with? No way, not happening! Every single time Jesus was tempted, He remembered what God’s Word says, and it helped Him to do the right things.***

***Jesus believed that God’s Word was the best Blueprint for our lives. He spent His entire life teaching others God’s Blueprint, too! Here’s one of the stories He told.***





***Jesus said, “Whoever hears these teachings of mine and obeys them is like a wise man who built his house on rock. It rained hard, the floods came, and the winds blew and beat against the house. But it did not fall because it was built on rock!”***

***But Jesus also said “Whoever hears these teachings of mine and does not obey them is like a foolish man who built his house on sand. It rained hard, the floods came, and the winds blew and beat against that house. And it fell with a loud crash.” That’s because sand isn’t a firm foundation!***



GOD'S WORD

***Jesus wanted us to remember that we should build our lives like the man who built his life on the rock—a firm foundation! See, God's Word is the firm foundation that we can build our lives on! When we're trying to figure out how to deal with what we're feeling, we can go to God's Word and it will help us to know exactly what we should do!***

***Everyone, let's say what we need to know together:***

***I Need to Deal with How I Feel!***