# Junior Soldiers Renewal Day 2014



# Temptation

PURPOSE: For the children to explore and understand that everyone is tempted and that Jesus can help us with our responses to temptation so that we can make wise choices.

'You are tempted in the same way that everyone is tempted. But God can be trusted not to let you be tempted too much, and he will show you how to escape From your temptations?

1 (Orinthians 10:13 ((EV))

### Consider & Prepare

Junior Soldier Renewal Day is scheduled on the territorial calendar for Sunday 22 June 2014. Your corps may choose to celebrate on this day with a service or include the renewal day segment and/or theme on a different date or setting. The important thing is that all Junior Soldiers have an opportunity to review their promise and be supported and encouraged by the wider church family in their discipleship journey.

### Context:

This year's theme is 'Temptation' and the aim is to assist our Junior Soldiers as well as the wider congregation to recognise temptation and explore strategies to overcome temptations that come their way. Our best strategy is to rely on Jesus and the power of the Holy Spirit as well as using God's Word. The Holy Spirit is with us always and will assist us, when we ask, in making wise decisions when facing temptation.

The theme of 'temptation' comes from the section in the Junior Soldier Promise that states, 'By his help, I will be his loving and obedient child' and 'To lead a life that is clean in thought, word and deed'. We all need Jesus' help when it comes to the things in life that tempt us to make unwise choices. This section of the promise helps to remind us that we can all be his loving and obedient children if we rely on the help that Jesus and the Bible offers and that this will then lead us to live a life that can be clean in what we think, what we say and what we do. By keeping our eyes and thoughts on Jesus and having him in mind constantly, this will assist us in making wise and good decisions when we are faced with temptation.

We want to help children explore and understand the difference between temptation and sin. We want them to understand that they do have a choice when they are faced with temptation and that—by seeking God's guidance through prayer, his word and key people of faith—we have tools to help us make a choice that we feel is wise and that we are comfortable with. God's word gives us a great way to explore the thought 'What would Jesus do?', and will help not only the children but each of us with our responses when faced with temptation. A great example is when Jesus himself was tempted and used Scripture to overcome all the temptations that he faced. None of us are excluded from temptation, but we do have a choice in our response.

#### Read:

Below is some scripture that will help us to focus on the theme of temptation for our 2014 Renewal Day.

### 1 Corinthians 10:13 (CEV)

You are tempted in the same way that everyone else is tempted. But God can be trusted not to let you be tempted too much, and he will show you how to escape from your temptations.

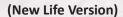
We have outlined three different translations for the following scripture but recommend the NIRV as this shows the scripture references that Jesus used during his temptation.

### Matthew 4:1-11 - Jesus is tempted

### (Contemporary English Version)

The Holy Spirit led Jesus into the desert, so that the devil could test him.

After Jesus had gone without eating for forty days and nights, he was very hungry. Then the devil came to him and said, 'If you are God's Son, tell these stones to turn into bread.' Jesus answered, 'The Scriptures say: "No one can live only on food. People need every word that God has spoken."' Next, the devil took Jesus to the holy city and had him stand on the highest part of the temple. The devil said, 'If you are God's Son, jump off. The Scriptures say: "God will give his angels orders about you. They will catch you in their arms, and you won't hurt your feet on the stones."' Jesus answered, 'The Scriptures also say, "Don't try to test the Lord your God!"' Finally, the devil took Jesus up on a very high mountain and showed him all the kingdoms on earth and their power. The devil said to him, 'I will give all this to you, if you will bow down and worship me.' Jesus answered, 'Go away Satan! The Scriptures say: "Worship the Lord your God and serve only him."' Then the devil left Jesus, and angels came to help him.



Jesus was led by the Holy Spirit to a desert. There He was tempted by the devil. Jesus went without food for forty days and forty nights. After that He was hungry. The devil came tempting Him and said, 'If You are the Son of God, tell these stones to be made into bread.' But Jesus said, 'It is written, "Man is not to live on bread only. Man is to live by every word that God speaks."' Then the devil took Jesus up to Jerusalem, the holy city. He had Jesus stand on the highest part of the house of God. The devil said to Him, 'If You are the Son of God, throw Yourself down. It is written, "He has told His angels to look after You. In their hands they will hold You up. Then Your foot will not hit against a stone."' Jesus said to the devil, 'It is written also, "You must not tempt the Lord your God."' Again the devil took Jesus to a very high mountain. He had Jesus look at all the nations of the world to see how great they were. He said to Jesus, 'I will give You all these nations if You will get down at my feet and worship me.' Jesus said to the devil, 'Get away, Satan. It is written, "You must worship the Lord your God. You must obey Him only."' Then the devil went away from Jesus. Angels came and cared for Him.

### (New International Readers Version)

The Holy Spirit led Jesus into the desert. There the devil tempted him. After 40 days and 40 nights of going without eating, Jesus was hungry. The tempter came to him. He said, 'If you are the Son of God, tell these stones to become bread.' Jesus answered, 'It is written, "Man doesn't live only on bread. He also lives on every word that comes from the mouth of God."' (Deuteronomy 8:3) Then the devil took Jesus to the holy city. He had him stand on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down. It is written, "The Lord will command his angels to take good care of you. They will lift you up in their hands. Then you won't trip over a stone."' (Psalm 91:11, 12) Jesus answered him, 'It is also written, "Do not put the Lord your God to the test."' (Deuteronomy 6:16) Finally, the devil took Jesus to a very high mountain. He showed him all the kingdoms of the world and their glory. 'If you bow down and worship me,' he said, 'I will give you all of this.' Jesus said to him, 'Get away from me, Satan! It is written, "Worship the Lord your God. He is the only one you should serve."' (Deuteronomy 6:13) Then the devil left Jesus. Angels came and took care of him.



The Renewal Day notes include message outlines and other suggestions for a celebration service as the Junior Soldiers renew their promise and, possibly, where new Junior Soldiers will be enrolled. We have also included some family resources that will support the teaching and help reinforce it in a number of environments the Junior Soldiers interact in.

### What you will need:

### For 'Display/Setting the theme'

- Packets of M&Ms
- Packets of marshmallows
- Xbox or PlayStation games
- Balloons
- 2 fishing rods or lines
- Plastic fish bait
- A Bible
- Printed Scripture verses

### For 'Introductions to the theme'

- Bowl of M&Ms (use from the display)
- A bowl of marshmallows (use from the display)
- · Bowl of fruit
- Balloons
- Exciting toys
- Bright coloured box (gift box or cover a box)
- Some treats to reward the children with (i.e. chocolate)
- http://www.youtube.com/watch?v=G7LN96jEXHc "Oh, The Temptation"
- A copy of Finding Nemo DVD
- · Fishing rods (use from display)

### For 'Prayer Segment'

- Coloured plastic wristbands. (You can purchase these from Officeworks for approx. \$14.00 for a pack of 30 or there are many websites to order them from.)
- Sharpies or permanent markers
- A copy of the Lord's prayer on the multimedia screen







### For 'Message/Sermon'

- Large rope
- A rag
- Six adult volunteers
- Black T-shirt, white T-shirt, yellow T-shirt, red T-shirt, blue T-shirt, orange T-shirt. (Borrow from friends or go to the local op shop and purchase some. Kmart usually sell them very cheap if you have to purchase any.)
- A tool box
- Picture of Jesus
- Printed words saying 'Holy Spirit'
- Printed copy of the Lord's prayer
- Bible



### For 'Renewal Segment'

- Small cardboard crosses (see attached template)
- A small cross for nailing the cardboard crosses on. (Ask someone in the corps to make a cross with some spare wood, about two feet high.)
- A couple of hammers
- Packet of nails
- Renewal Day items
- Renewal Day cards (with space for the Junior Soldier and Big Bud to sign as they renew their promises)
- Renewal Day cards for the Big Buds (with space for the Junior Soldier and Big Bud to sign as they renew their promises)
- Pens



# Renewal Day Items

The Renewal Day items for 2014 include one item per child:

- One temptation jar with beanies (with the Junior Soldier logo and verse printed on the lid)
- A Renewal Day card (with space for the Junior Soldier and Big Bud to sign as they renew their promises).
- A Renewal Day card for the Big Bud (with space for the Junior Soldier and Big Bud to sign as they renew their promises).

These Renewal Day items are provided to the Junior Soldiers to help reinforce the message that they have explored on their renewal day beyond the church walls. The temptation jar is filled with chocolate beanies – you will need to be aware of the children in your group and modify the contents if needed due to allergies etc. These items along with the 'Home & Beyond' section will help to continue the conversation after the service in a variety of places.

# Display/Setting the theme suggestions

Create a display that includes items that both adults and children might find tempting, e.g. things that they would like to come and touch, play with, eat etc. For example, a large see-through bowl or jar of M&Ms, marshmallows or some other yummy treats, something that has just been baked and smells great, a tub of bubbles created with a little bit of water and dishwashing liquid, perhaps an Xbox, controllers and a bunch of games, balloons scattered around, a fishing line and some bait (some plastic fish bait), a number of interesting looking Bibles etc. It would also be good to have some scripture verses that you find helpful when making wise choices printed up and displayed on the platform or stuck on walls.

# Options to create your service

In these notes we have provided you with a children's story/interactive message to introduce the theme, some prayer ideas, a sermon outline, details for the renewal segment and some 'Home & Beyond' suggestions. You might like to choose from these suggestions or use them all. We have placed the suggestions in order of where we might place them in the meeting, including the renewal segment as a response to the message, not only for the Junior Soldiers but for the whole congregation to be involved in and have an opportunity to respond.

### Introduction to the theme

To introduce the theme of temptation at the start of the meeting it would be great to play the following clip which shows a group of young children being tempted by marshmallows and their reactions:

http://www.youtube.com/watch?v=G7LN96jEXHc - "Oh, The Temptation"

'Wow, I wonder how you would go if you were placed in a room in the same situation—would you be tempted to eat, smell or touch the marshmallows, or do you think it would not bother you? Perhaps you don't like marshmallows so would not find it a temptation but if it was your favourite food then maybe you would find it more difficult. Well this clip gives us a great introduction to the theme of our meeting today, 'temptation'. We are going to explore the topic together, let's get started.'



### Children's story/ Interactive message/ illustrations...

For this activity you will need:

- Bowl or container of M&Ms (use from the display)
- A bowl or container of marshmallows (use from the display)
- Bowl of fruit
- Balloons
- Exciting toys
- Bright coloured gift box
- Some treats for rewards for the congregation (you might like to get some boxes of favourites and people can choose one)
- A copy of Finding Nemo DVD
- Fishing rods (use from display)

Below is the outline for an interactive message. Within the outline there are two options that you might like to take after you have set up the room and engaged with the congregation about all the temptations that are surrounding them.

Place the M&Ms, marshmallows, fruit, balloons and toys around the room. Inform the congregation that if they can restrain or stop themselves from touching or playing with the toys/balloons etc. and from eating the food that has been placed around the room, at the end of the story they will all receive a special treat. (Place the treat that you have inside your bright coloured box gift box.) Hold up your gift box and explain that the treat is inside the box but they will have to wait to see what it is. It is important for the children to stay sitting amongst the congregation so that all are engaging together, you might like to encourage the children to sit up on an adult's knee if they cannot see during this time.







### **ILLUSTRATION OPTION 1**

Show the following film clip from *Finding Nemo* (if you do not have a copy of this movie you might like to just talk through the story as an example; you might have some other video clip you could use also). Start from Chapter 4 (10:33)—Mr Ray and the class are swimming through the water, and finish at Nemo being taken away in the boat (14:40).

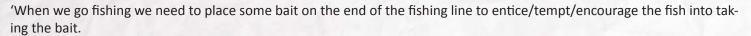
'Well, today we are all going to watch a film clip from *Finding Nemo*. For those who don't know the story, let's recap: Nemo (a clown fish) lives with his Dad and it is Nemo's first day of school. Nemo's Dad is very nervous about Nemo going to school on his own. Nemo feels like he is being smothered by his father and tells his Dad that he will be okay. Nemo's teacher, Mr Ray (a stingray) takes the students on an excursion near the "Drop Off" (the dangerous section between the reef and the ocean floor) and it is during this time that Nemo is tempted. Let's watch and see what happens to Nemo.'

- → Who did Nemo follow?
- → I wonder what the temptation was that Nemo faced.
- → How did Nemo respond to this temptation?
- → What happens to Nemo?
- → I wonder if you think Nemo made the wisest decision or choice. Why/ why not?

#### **ILLUSTRATION OPTION 2**

'Temptation or things that tempt us can be a little bit like bait that we would use to catch a fish. I wonder if anyone has ever been fishing before (allow a few moments for people to respond).'

Choose a couple of volunteers from the congregation (one adult and one child would be good but be wise in your choice!). Ask them to come up and hold a fishing rod.



'What happens to the fish when the fish grabs the bait? (Be prepared to respond if someone answers 'sometimes the fish gets away with the bait'). I wonder if those fish think they are pretty smart for having a lucky escape. But eventually the fish gets caught and it is not a good ending for the fish.

'That can be like being a Christian. There are times when things are dangled in front of us to entice/tempt/trick us into doing things that we shouldn't be doing, such as telling a lie to get out of trouble or doing something that you know is not good for you or that your parents wouldn't like. Temptations can be made more difficult when other people around us are encouraging us to make a choice that is not wise for us.

#### LINK:

Ask the congregation:

→ I wonder if you can think of a situation where you have felt tempted or encouraged to make a choice that you know was either not right or unwise.

'It is during these times that we need to think about our response and the choice that we are going to make in regards to that temptation.'

Ask the congregation:

- → I wonder how you have found it sitting in a room filled with treats, games and fun items.
- → Has it been easy or hard? Why?
- → I wonder if anyone felt like they wanted to go up and grab a lolly or play with a toy or balloon.

'Well, it is only human to feel like that in relation to items like that being placed around us; that feeling is called temptation. I am sure that you have felt like this before in many situations.

'Today we are going to explore making wise decisions when we are tempted and ways of helping us when we are tempted.'

# Prayer Suggestions

For the prayer segment you will need:

- Coloured plastic wristbands. (You can purchase these from Officeworks for approx. \$14.00 for a pack of 30 or there are many websites you can order them from.)
- Sharpies or permanent markers
- A copy of the Lord's prayer on the multimedia screen



'Jesus himself was tempted and there is a specific passage in Matthew 4 that tells us about this and how Jesus responded to these temptations using scripture to help him through: God's Word can be a very powerful thing. In the Bible we can read when Jesus taught those around him how to pray a prayer called the Lord's prayer and it includes some important areas that we need to pray for, one of those is about temptation. During our prayer time today we are going to look at the Lord's prayer and specifically at the line in the prayer that says, 'Lead us not into temptation'.

'Jesus was reminding us, in this wonderful example of a prayer, that it is important to ask God for help when it comes to things that might encourage us to make a choice that is not wise. Let's read this prayer together and when we get to the line, 'Keep us from being tempted', let's all speak it out boldly.

Our Father in heaven, help us to honour your name.
Come and set up your kingdom,
so that everyone on earth will obey you,
as you are obeyed in heaven.
Give us our food for today.
Forgive us for doing wrong, as we forgive others.
Keep us from being tempted
and protect us from evil. Amen.



Have some volunteers ready to hand out the wristbands and textas/pens or some collection points set out around the hall.

'I would like you to think now about a prayer or some scripture that you think might help you when you are faced with temptation. Have a chat with the person next to you about your thoughts and ideas.'

- Write the prayer or Bible verses on a wristband and place it on someone's wrist to encourage them when they are tempted.
- Make sure that everyone has a wristband to take away.
- When you go out to share morning tea today you may like to share with others what is written on your wristband to encourage them.'

Have someone finish this segment in prayer for the whole congregation.







### Message/Sermon

Sermon purpose...

For the congregation to explore and understand that everyone is tempted and that Jesus can help us with our response to temptation so that we make the wise choice.

For this segment you will need:

- Large rope
- A rag
- Six adult volunteers
- Black T-shirt, white T-shirt, yellow T-shirt, red T-shirt, blue T-shirt, orange T-shirt. (Borrow from friends or go to the local op shop and purchase some. Kmart usually sell them very cheap if you have to purchase any.)

- A tool box
- Picture of Jesus
- Printed words saying 'Holy Spirit'
- Printed copy of the Lord's prayer
- Bible

For this message you will need to arrange, before the service, six adult volunteers to participate in a tug of war. Explain what you are going to do and what their role will be during this illustration. Explain that initially you want the tug of war to remain equal with no one winning. Then when the last three adults join in later in the illustration, you want the 'Christian and his tools' to win. You will also need to place the rope across the platform/front of the room.



'Today we are going to have a tug of war and I will need two volunteers to participate, one at each end of the rope. (These volunteers will be those that you have already arranged.)'

Tie the rag to the centre of the rope. Ask one volunteer to put on a black T-shirt and one to put on a white T-shirt and stand at opposite ends of the rope.

'So our volunteers today are going to help us with our illustration as we think about temptation. The person in the white shirt is someone who is a follower of Jesus, trying to do the right things and make the wise choice. The person in the black shirt is the temptation that is constantly pulling on us to make the wrong choices.'

(Hold up the rag to everyone.) 'This rag represents any temptation you face. It may be the temptation that we have to tease a friend, take some lollies that are not ours, take money out of Mum or Dad's wallet, tell a lie or use words that are hurtful to others. Let's watch and see what happens during this tug of war.'

Ask the volunteers to pull and wrestle on the rope so that the congregation can watch, cheer and encourage for a few minutes. (You might like to have your temptation volunteer encouraging the Jesus follower to make the wrong choice as they battle.)

- → 'I wonder if you can think of anything that might help the follower of Jesus to beat the temptation.' (You may like to joke around a little and say, 'Is it through saying "Abracadabra" or by wearing a super hero cape?')
- → Allow for suggestions and encourage their answers.

'Facing temptation is a part of being a human and happens to everyone. Temptation is not wrong, it's what we choose to do with the things, people, situations that tempt us that can make us sin or make an unwise choice. There are a variety of ways that Jesus and the Holy Spirit can help us when we are faced with temptation. Let's explore some of the tools that Jesus has for us to use.

(Place a toolbox on a table as a demonstration. Open it towards you so the congregation can't see what is in it.) 'Here I have a toolbox that has some things inside that will remind us of some tools that can help us when temptation comes our way. Let's take a look:

Hold up a picture of Jesus. Ask the congregation, 'I wonder how Jesus can help us when we are faced with temptation.' (You might like to allow a few suggestions: 'Yes, by asking Jesus to help us be strong and wise when we are tempted. Also in some situations by saying the name of Jesus, there is power in the name of Jesus.')

• Ask for your next adult volunteer and place a red T-shirt on that person. Explain that this person is going to represent Jesus and stand on the side of the Jesus follower for the tug of war.

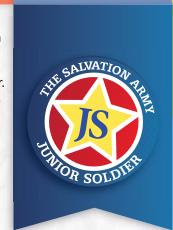
'Next in the toolbox we have the Holy Spirit (hold up the words 'Holy Spirit'). How do you think the Holy Spirit can help us when we are being encouraged to make an unwise choice? (You might like to allow for a few suggestions first: 'The Holy Spirit is someone that Jesus gave us to be a comforter, teacher, counselor and help us be strong, when we are filled with the Holy Spirit we can rely on this strength and guidance when faced with difficult situations.')

Ask for your next adult volunteer and place a yellow T-shirt on that person.
 Explain that this person is going to represent the Holy Spirit and also stand on the side of the Jesus follower in the tug of war.

'Next in the toolbox we have a copy of the Lord's prayer, just like we prayed earlier. I wonder how you think this prayer or how prayer in general might be able to help us with making wise choices when we are being tempted.

Talking to someone who cares is always a helpful thing, so talking to God about the things that tempt us and asking him for strength, wisdom and self-control in these situations is something we can do in prayer.'

Ask for your next adult volunteer and place an orange T-shirt on that person.
 Explain that this person is going to represent prayer and they also stand on the side of the Jesus follower for the tug of war.



'Next in the toolbox we have a Bible—God's Word. We have already spoken about the importance of God's Word and how Jesus used scripture to help him when tempted, remembering scripture can also be a powerful tool for us when we are facing a tough situation being tempted.' (Read out some of the suggestions below—you might like to have the verses come up on the screen as you read them.)

• Ask for your next adult volunteer and place a blue T-shirt on that person. Explain that this person is going to represent the Bible, God's word and they also stand on the side of the Jesus follower for the tug of war.







### Some helpful scriptures:

- Hebrews 2:18 (NLV) 'Because Jesus was tempted as we are and suffered as we do, he understands us and he is able to help us when we are tempted.'
- Luke 22:40 (NLV) 'When he got there, he said to them, "Pray that you will not be tempted."
- Psalm 119:11 (CEV) 'I treasure your word above all else; it keeps me from sinning against you.'
- Romans 12:2 (CEV) 'Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him.'
- Matthew 6:13 (NIRV) 'Keep us from falling into sin when we are tempted. Save us from the evil one.'
- 1 Corinthians 10:13 (CEV) 'You are tempted in the same way that everyone else is tempted. But God can be trusted not to let you be tempted too much, and he will show you how to escape from your temptations.'

'Isn't it fantastic to know you are not the only one who gets tempted? Everyone gets tempted, even the corps officer! The second part of this verse says, "but God can be trusted not to let you be tempted too much and he will show you how to escape from your temptations.' How great is it to know that Jesus and the Holy Spirit will show you how to escape your temptations?"

'Let's take a look at the tug of war now that we have all these tools to help those that are followers of Jesus. We have the person in red representing Jesus, the person in yellow representing the Holy Spirit, the person in orange representing prayer and the person in blue representing God's Word, the Bible. With all of these tools added onto this side, let's see what happens, I wonder how strong the follower of Jesus becomes with all this help.'

Ask the volunteers to demonstrate the tug of war again with all the added help.

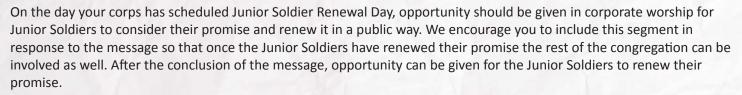
'As people who follow Jesus, we, too, have all these resources available to us when we are being tempted. Let's pray.'

# Renewal Segment

### What you will need:

Small cardboard crosses (see attached template)

- A small cross for nailing the cardboard crosses on (ask someone in the corps to make a cross with some spare wood, about two feet high.)
- A couple of hammers
- Packet of nails
- Renewal Day items
- Renewal Day cards (with space for the Junior Soldier and Big Bud to sign as they renew their promises).
- Renewal Day cards for the Big Buds (with space for the Junior Soldier and Big Bud to sign as they renew their promises)
- Pens



It would be good to have the promise on a PowerPoint slide (this can be accessed in the PowerPoint slides alongside these notes) so that people can see and be reminded of the promise that the children are renewing on this day. Have one or all of the Junior Soldiers read/say the promise together before signing their renewal cards.

'As part of the renewal segment and when you come and sign your Renewal Day card, we would like to encourage the children, along with their Big Bud, to write a temptation they may face on a small cardboard cross (see attached template) and nail it to the wooden cross (placed near the front of the room).

'Today we have explored temptation and how Jesus and the Holy Spirit can help us overcome or respond to temptation. I wonder if there is a temptation in your life that you are struggling with or that you are bothered by. (Pause, let them think.) Jesus died on the cross so that we can have a life of freedom and victory, and today I want to give you the opportunity to come and write your struggle on a small cardboard cross and nail it to the cross at the front

of the room, handing over that struggle/temptation to Jesus. You may want to nail your cross and pause and ask Jesus to help you, and for the Holy Spirit to be with you every time you face temptation.'

(You may like to have some music being played while the children and Big Buds are signing their promise and writing on their cross.)

Once the Junior Soldiers and Big Buds have finished signing their cards and placing their temptations on the cross, hand out the Renewal Day items.

As a reminder today that we are all faced with temptation we are giving you each a little jar of temptation with part of our key verse printed on it. Place it somewhere where you can see it and be reminded of the resources we have on hand to help us deal with and respond to temptation.

Pray, as a congregation, for the Junior Soldiers that they will be able to overcome temptation through relying on Jesus and the tools he has given each of us to use.

Once the certificates have been signed and the Junior Soldiers prayed for, an opportunity for others to come and make a commitment can be offered. Even though the day is specifically about the Junior Soldiers and their promise, it's also encouraging for them to see the rest of the congregation make their own commitment to God, being willing to be challenged and willing to put their faith into practice. Allow an opportunity for others to come and write a temptation that they might be facing on a cardboard cross and nail it to the large wooden cross.



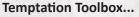
# Sending Out/Benediction

'May we each listen to God's voice guiding us to use the tools that God has given us to fight off any temptation that may come our way, and may we use these tools to help us in making wise choices in our everyday lives. Amen.'

## Home and Beyond

Supporting and growing our Junior Soldiers beyond the church environment is really important. This section helps to provide some activities that will help to

continue the conversation about temptation and the tools that are available to each of us when we find ourselves in these situations. Please encourage your children and families to participate in one of the activities below and continue the discipling process.



- Use some blank cards or coloured pieces of paper to write down some verses from the Bible that will help you when faced with temptation. Ask your family or Big Bud to help you with some of these verses.
- Find a small special box or container that you can place the cards in. You might like to label it your 'Temptation Toolbox' so that you know what you have in this box will help you when tempted.
- Add other verses of scripture along the way as you discover them in the Bible, hear them at church or from other people that have shared them.
- You might also like to add a picture of Jesus, a card with Holy Spirit written on it, a copy of the Lord's prayer and a drawing of the Bible to remind you of the other tools available to help you.

### **Temptation Calendar...**

- Draw up a calendar for one month (you might like to download a template from the internet).
- Write the verse 1 Corinthians 10:13 along the top.
- Write 'No to temptation!' on the days of your calendar that you chose not to give in to something that you were tempted to do, such as cheating, not obeying, using hurtful words, taking something that was not yours etc.
- Display this on your bedroom wall or somewhere where you will be reminded that you can say NO to temptation with the help of God.









