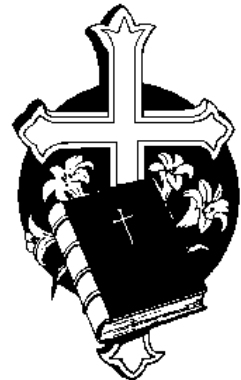


## SAY NO TO TEMPTATION

**Read:** Matthew 4:1-11

Have you ever been *really* hungry? It doesn't feel very good does it? Just imagine how hungry Jesus was when He had not eaten for forty days and nights. That is when Satan came to Him and tempted Him. He tried to get Jesus to do something wrong. Satan loves it when people sin and when he tries to make us do bad things. he is tempting us. That is just what happened to Jesus. Satan said, "If you are really God's son, you should make these rocks turn into bread." Well, Jesus knew that He was God's son, but He also knew that there are some things more important than eating. He knew that Satan was trying to trick Him into acting like He was more important than God the Father. So Jesus wouldn't do it. He told Satan to go away and not bother Him any more. Then God sent angels to take care of Jesus.



**Life Application:** You will be tempted to do things that are wrong, too. Sometimes it seems like a very good idea to tell a lie or be cruel to someone. But you know it is wrong. When this happens, pray to Jesus and He will help you say no to the temptation. He was tempted, so He knows just what it feels like and He can help you do the right thing.

**Prayer:** Dear Jesus. Thank you for loving me and promising to help me when I am tempted. I want to obey you because I love you. Amen.

**Memory Verse:** Worship the Lord and serve Him only.