

Remote Control: The choice is yours



First, watch
this week's
video!

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

Memory Verse

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

Bible Story

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

Bottom Line

Be ready to do
the right thing.

Use this guide to help your family learn how
God wants us to live with self-control.

Activity

Sit-and-Stand

What You Need:

No supplies needed

What You Do:

Tell your child that you're going to play a game. Read from the "Would You Rather" options below, and ask your child which option they would choose.

Say, "If you'd want the first option, sit down. If you'd want the second option, stand up." Feel free to participate by standing and sitting yourself!

After each round, ask your child why they chose the option they did.

Would You Rather:

1. a) have to give up fruity candy (Skittles®, Starburst®, Twizzlers®, etc.) for the rest of your life, or b) give up anything chocolate for the rest of your life?
2. a) walk through a desert in a ski suit, or b) walk through a snowstorm in summer clothes?
3. a) have the ability to fly, or b) have the power to read people's minds?
4. a) be a world-class athlete, or b) be an award-winning actor?
5. a) be able to talk to animals, or b) speak five languages?
6. a) have 100 spiders in your room, or b) eat five spiders?
7. a) live on the moon, or b) live underwater?
8. a) have hands for feet, or b) have feet for hands?

Talk About the Bible Story

Our story today was about making choices. Who was making the choices in the story? (*Jesus*)

No matter how Jesus was tempted, He always made the right choice. What did Jesus rely on to help Him make the best decision? (*Scripture*)

If Jesus relied on the words of Scripture to show self-control, whose words can you rely on to help you? [Hint: There's more than one right answer!] (*the Bible, our parents' words, our Small Group Leaders words', our coaches' words, our teachers' words*)

Have you ever been tempted to do what isn't right? What happened? [Don't worry, you won't get in trouble!]

What are some ways you can be sure that you're ready to do the right thing? (*Read the Bible, rely on the Holy Spirit, listen during church, participate during Small Group, pray*)

Parent: Make it personal by sharing a time in your life when you were tempted to lose control, but you kept it together. How were you prepared to do the right thing?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for the gift of your Holy Spirit. Your Holy Spirit helps us to do the right thing when we're tempted. When it's hard for us to show self-control, remind us to pause and think about how Jesus faced temptation—just like we do. Help us to be like Jesus and to do the right thing. In Your name we pray, amen."

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Bible Story

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Key Question

When is it hard to
do the right thing?

Use this guide to help your family learn how
God wants us to live with self-control.

Activity

Remote Self-Control

What You Need:

Scissors, printer OR paper and pencil,
bowl or jar, timer

What You Do:

Six index cards, pen or pencil (bonus if
you have an actual old-school remote
control!).

Card 1: **Press play.** Make the right choice
when I see something I can help with.

Card 2: **Press pause.** Think about my
actions before doing them.

Card 3: **Think fast-forward.** Prepare
myself by reading the Bible and
spending some time with God.

Card 4: **Rewind to the Bible.** Play back all
the times God has shown love for people.

Card 5: **Power up.** Remind myself that
God's Holy Spirit is working within me.

Card 6: **Turn the volume down** on what
others tempt me to do. Turn the volume
up on what God says is the right choice.

Say, "We're going to use the symbols
on a remote control to help us with our
self-control."

Ask your child to read the phrase on the
first card, while you read the rest of the
text above to help explain it. Then have
your child flip the card over and draw the
corresponding remote-control symbol.
(Feel free to consult an actual remote or
Google!) Go through the rest of the cards
in the same way. While your child is
drawing each symbol, ask, "When would
you use this self-control technique?"

Talk About the Bible Story

In our story, how was Jesus ready to do the right
thing? (*Jesus knew Scripture. He was familiar with
God's character and knew what God would want
him to do.*)

Do you think it was easier or harder for Jesus to
resist temptation than it is for us? Explain.

When is it hard to do the right thing? Explain.

How do you know when you're being tempted?

How can you tell when you've made a wise choice?

*Parent: Make it personal by sharing a time in your
life when you were tempted to lose control and do
the wrong thing. How were you prepared to do the
right thing?*

Prayer

Use this prayer as a guide, either after talking about
the Bible story or sometime before bed tonight:

"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. Your
power that helped Him will help us, too. Amen."