



session 4

Fighting Temptations

Theme:
Temptation

Key Bible

verses:

Hebrews 12:1,
Hebrews
4:15-16

Aim to teach:

That we are all tempted to do wrong sometimes but God can help us resist temptation.

Aim that the group should:

Learn how we can fight against temptation.

Leader's Prayer:

Father God, thank you that you forgive us when we do wrong. Help the group understand how you can support all of us in our battle against temptation. Amen.

Introduction:

Temptation is all around us all the time. For young people entering their teenage years this can be especially difficult. They are being tempted to experiment and push the boundaries they can see around them. This session aims to show the consequences of giving in to temptation and how listening close to God's will in your life can help us overcome it.



Contents

ACTIVITY		TIME	MATERIALS
ENGAGE...	Water Torture *	6 minutes	Cups, water
TASTE...	Tasty Temptations	10 minutes	Chopsticks, ice cream, bowls, chocolate buttons, signs, spicy sauce
HEAR...	Consequences	5 minutes	Sweets, water pistol
ENGAGE...	Chewy Challenge	5 minutes	Fruit Pastilles
SPEAK...	What Did You Say?	5 minutes	Flipchart, pens
ENGAGE...	Domino Rally *	6 Minutes	Dominoes
SPEAK...	What Can Happen...	5 minutes	Flipchart, pens
ENGAGE...	Random Twister *	5 minutes	Circles of coloured paper
THINK...	Tied Up In Knots	5 minutes	Bible
ENGAGE...	Tug of War	5 minutes	Rope
THINK...	Get Some Help	5 minutes	Bible
PRAY...	Be My Everything	6 minutes	'Be My Everything' by Tim Hughes (available from i-Tunes), flipchart, pens
REMEMBER...	Protect Yourself!	1 minute	None

(* These activities can be eliminated for a 45 minute programme)





Engage... Water Torture

Time: 6 minutes
Materials: Cups, water
Aim: To make a choice

Game

- As everyone arrives give them each a plastic cup with small amount of water in.
- Give everyone three options:
 1. Drink the water
 2. Give the water to someone else
 3. Tip the water over someone else's head
- See who chooses which option.



Taste... Tasty Temptations

Time: 10 minutes
Materials: Chopsticks, ice cream, bowls, chocolate buttons, signs, spicy sauce
Aim: To eat the ice cream with chopsticks whilst obeying all the rules

Preparation: Create signs with temptations on them. eg 'Don't sit on the sofa', 'Don't kick this ball' also 'Don't eat these sweets'. Put out these signs before the session starts. Put a bowl of chocolate buttons with spicy sauce on them next to the 'Don't eat these sweets' sign.

Game

- Give each person a bowl of ice cream and some chopsticks.
- Ask them to eat ice cream with chopsticks.

Ask

- Who was tempted to cheat and just tip the bowl into their mouth?



Hear... Consequences

Time: 5 minutes
Materials: Sweets, water pistol
Aim: To show that decisions have consequences

Ask

- Who ate the sweets?
- Did you regret it when your mouth started to burn?

Say

Giving in to temptation often has consequences, and these consequences can be bad.

Ask

- Who tipped their water over someone else's head? (Squirt these people with a water pistol)
- Who didn't do this? (Give these people sweets)
- Give the announcements, pray, then move on

**Engage... Chewy Challenge**

Time: 5 minutes

Materials: Fruit Pastilles

Aim: To see if the group can resist temptation

Game

- Give everyone a fruit pastille.
- Challenge them to keep the pastille in their mouth for as long as possible without chewing it.
- Every 30 seconds, get them to open their mouths, to see whose pastille is still intact.
- See who gives in to the temptation to chew, and who resists the temptation.
- Give a tube of fruit pastilles to the person whose pastille lasts the longest.

**Speak... What Did You Say?**

Time: 5 minutes

Materials: Flip chart, pens

Aim: To get the group thinking about what tempts them

Discussion

- Get the young people to call out things that tempt people.
- Write these up on a flipchart.

**Engage... Domino Rally**

Time: 6 minutes
Materials: Dominos
Aim: To win the race

Game

- Divide the young people into two teams and send each team to a different end of the room.
- Mark a line across the middle of the room.
- Give each team a box of dominoes (or a packet of bourbon biscuits if you can't find dominoes!).
- Challenge the teams to form a 'domino rally' from their end of the room to the line in the middle of the room.
- So one domino knocks over another, which knocks over another etc until the final domino falls over the line.
- The first team whose final domino falls over the line win.

Say

Being tempted isn't a sin. Everyone is tempted. But when we give in to temptation, it leads to consequences, and the consequences are often bad. (Give an example.) It's like the dominoes. One thing leads to another, which leads to another. It can leave us in a mess.

**Speak... What Can Happen...**

Time: 5 minutes
Materials: Flipchart, pens
Aim: To discuss the consequences of temptation

Discussion

- Go back to the temptations on the flipchart.
- Ask what the consequences would be if we gave in to these temptations.

**Engage... Random Twister**

Time: 5 minutes

Materials: Circles of coloured paper

Aim: To avoid falling over

Preparation: Cut circles out of coloured paper. Use red, blue, green and yellow paper. The more circles, the better. Stick the circles to the floor and walls at random.

Game

- If you have a Twister set, use the spinner. If not create one, using a circle of card, with each quarter designated as a different body part (right arm, left arm, right leg, left leg) and each quarter divided into four differently coloured sections, and a spinnable pointer.
- Spin the pointer.
- Whichever section the pointer points to, everyone must find a circle of this colour and touch it with the appropriate body part.
- Spin the pointer again.
- Keeping the original point of contact, everyone must touch a circle of this new colour with another body part.
- If anyone falls over or loses a point of contact, they are out.
- The last player left in wins.

**Think... Tied Up In Knots**

Time: 5 minutes

Materials: Bible

Aim: To show the impact of sin in our lives

Read

Hebrews 12:1

Say

Sin ties us in knots! The devil would love us to believe that we have no choice but to give in to temptation. This isn't true. Everyone is tempted, but it's up to us whether or not we give in to it. And we know now that if we give in to temptation, it has consequences for us and for the people around us. Sin can 'entangle' us. It can keep us away from God and tie us in knots! So next time you're tempted, think carefully about what the consequences could be, and remember you have a choice.

**Engage... Tug of War**

Time: 5 minutes

Materials: Rope

Aim: To pull your opponent over the line

Game

- Ask for two volunteers for a tug of war.
- Add two of your biggest, strongest leaders to one side.
- Clearly, this will be an unfair contest.
- For the next round, let the player on his own call all his friends forward to join his team.
- This time, he should win easily.

**Think... Get Some Help**

Time: 6 minutes

Materials: Bible

Aim: To show how we can overcome temptation

Say

When we're tempted, we can feel very alone. But it doesn't have to be this way. We can get some help to resist temptation.

Read

Hebrews 4:15-16

Say

Jesus knows what it means to be tempted. He Himself was tempted in every way we could imagine, but He was strong enough to never give in to temptation. So when we're being tempted, we should never be afraid to ask Jesus for help. He won't tell us we're terrible people for being in this position. He understands what it's like. What's more, we can be confident that He can help us resist temptation and continue to live His way. It's like the tug of war. It might feel like far too much of a struggle to beat temptation – like it's a fight we can't win. But with Jesus on our side, we get the kind of strength we need to win the fight. What's more, we can ask our friends for help. It might not be easy to tell our friends what's tempting us, but if we do, our friends can pray for us and check up on how we're doing resisting the temptation. We don't have to struggle on alone.

**Pray... Be My Everything**

Time: 6 minutes

Materials: 'Be My Everything' by Tim Hughes (available from i-Tunes), flipchart, pens

Aim: To get the group to pray for protection against temptation.

Activity

- Play the Tim Hughes song 'Be My Everything'.
- As a group, rewrite the song, using words from the flipchart, from the earlier Speak activity.
- The result will be a song that invites God to be with you in all the things that tempt you.
- When you've written a verse or two, have the whole group sing the song, using the original recording as a backing track.

**Remember... Protect Yourself!**

Time: 1 minute

Materials: None

Aim: For the group to support one another and protect themselves

Say

You will always be tempted to do things which are wrong but you must learn to protect yourself against this. Even Jesus was tempted to do wrong, but He showed the strength to resist it. It is good to be honest with friends when you are struggling with temptation so we can all support and protect each other.