LESSON PLAN

CHAPTER 3

Torch Bearers

Class 5 & 6

Jesus who overcame temptations.

Objective

By the end of this lesson, students will

- understand how Jesus responded to temptations using the Word of God.
- recognize the spiritual value of fasting, abstinence, and prayer.
- reflect on how children can apply these practices in their own lives.
- identify practical ways to live out works of mercy as a response to temptation and sin.

Introduction

Icebreaker Activity – "Temptation Scenarios"

Setup:

Prepare 4–5 realistic temptation situations written on index cards (e.g., cheating on a test, missing prayer time, skipping chores, lying to parents)

Instructions:

- ***Distribute this card in groups of 2/3 and ask:***

o *What is the temptation?*

o *Why might someone give into temptation?*

o *What would Jesus do?*

- ***Have groups share briefly.***

👉***Purpose: Help students identify everyday temptations and begin to think about spiritual responses.***

Presentation of the Topic

Scripture Skit/Video – "The Temptation of Jesus"

Instructions:

- *Assign roles: Jesus, Satan, angels, narrator.*
- *Act out Matthew 4:1–11 using simple props or no props.*
- *Encourage dramatic expression of Jesus quoting Scripture.*

Alternatively show the video of the three temptations of Jesus

https://www.youtube.com/watch?v=L4QjBww4-RY

👉***Purpose:*** Bring the story to life and emphasize the power of God's Word.

Overcoming Temptations

Discuss the three things that help us to overcome temptations

- Word of God based life
- Fasting and abstinence
- Prayer

Also add how these things should lead us to the acts of mercy

- *Temptation often leads to selfishness; mercy directs us outward.*
- *Doing works of mercy helps resist temptation by living for others.*

Explain the Season of Lent and importance of Holy week in the above context

Habit Formation

Learn to pray and seek the word of God when faced with temptation.

Activity

Rotating Stations – The 4 Pillars of Jesus' Response

Set up four activity stations around the room. Divide the class into groups that rotate every 5–6 minutes.

🧱 **Station 1: Word of God – "Verse Armor"**

- **Activity:** Choose and write down a Scripture verse to memorize for strength against temptation.
- Example verses: Matthew 4:4, Psalm 119:11, 1 Corinthians 10:13.
- Write the verse on the "shield" or "sword" prepared using paper or cardboard.

🕊️ **Station 2: Prayer – "Temptation Talk with God"**

- Write down a temptation which you face most of the time
- Prompt: "God, help me when I feel tempted to…"
- Write a short prayer on a card and keep it.

🌿 **Station 3: Fasting & Abstinence – "Fasting Challenge"**

- Activity: What can you give up this week?
- Write a "fasting contract" (e.g., no phone before prayer, no sweets for 6 days).
- Reflect: How does fasting help us depend on God like Jesus did?

🤝 **Station 4: Works of Mercy – "Mercy Match-Up"**

- Activity: Display the spiritual and corporal work of mercy on a chart.
- Challenge: Choose 1 mercy action to do this week and write it down.
- Examples: "Someone at school is left out." → Comfort the lonely.

👉 **Purpose:** Connect Jesus' responses to practical, personal actions.

🔹 **4. Reflection and Commitment (10 minutes)**

Instructions:

- Hand out a card that says: "This week I will follow Jesus by…"
- Students fill in their response based on the four stations.
- Invite volunteers to share.

- Collect them in a “Prayer Box” or let children keep as a reminder.

Bible Verse

Read and Learn

Mathew 4:4

Conclusion

Say a short prayer thanking Jesus for showing the way that through prayer and fasting we can keep away temptation