

BIG IDEA

When you face temptation, ask God for help.

BIBLE

Luke 4:1–13; Hebrews 2:18;
1 Corinthians 10:13

ABOUT THIS WEEK

Movie sets are full of people—the director, producers, crew, and actors—who have an opinion about how a scene might work. But how do you know who to listen to? This week, we'll hear the story of when Jesus was tempted in the wilderness to see who he turned to when he needed direction. The choices he made when he was alone are reminders that **when you face temptation, ask God for help.**

WHAT? What are we talking about today?

VIDEO | Previously Seen on *The Making Of*

- Hey everyone! Welcome back to Week 2 of our series, *The Making Of*, where we are looking at ways we can become more like Jesus in our day-to-day lives. Let's take a look behind the scenes from last week.
- **INSTRUCTIONS:** *Every week during this series, have a volunteer shoot a behind-the-scenes-style documentary film. Film a few shots of what goes on in your group, like small groups talking, prepping for games, or interviews with teenagers and leaders. Shoot a new one every week, edit it together, and share it at the start of each night.*

ACTIVITY | Crew Member Chaos

- The credits in a movie list every person who helped make it. There are so many people, and some of their titles are wild. Let's see if we can figure out what these people do with a little game.
- **INSTRUCTIONS:** *Before your program, write the name of each job title and job description on separate cards. Tape a card to each teenager's back. The goal is for everyone to find their job title or job description match by asking "yes" or "no" questions to other people. If people think they have found their match, they ask the game leader. If correct, they make it to the next round, when the cards are shuffled and given out again. During each round, the last two people without a match are eliminated. Continue playing until you crown a pair as the winner. Here are a few titles to get you started.*
 - *The Producer (helps fund, organize, and give shape to a movie)*
 - *The 1st Assistant Director (helps the director with creative and administrative tasks)*
 - *The Prop Master (organizes all props used in a movie)*
 - *The Gaffer (head of a movie's lighting department)*
 - *The Best Boy Electric (the second-in-command of the movie lighting department)*
 - *The Key Grip (oversees the crew responsible for setting cameras, lights, and other equipment)*
 - *If you need more titles, [here is a list with ten more.](#)*
- With so many people helping to make a movie, there are a lot of opinions. The director needs to hold their vision and communicate it to others without being swayed by surrounding voices. That's why picking the right crew is essential to any movie.

- This doesn't just apply to film sets. It applies to our relationships and lives, too. Have you ever been in an unexpected situation and thought, "How did I get here? And how do I get out?" Sometimes, our choices shift us, little by little, into scenarios we never imagined for ourselves.
- This week, we're focusing on noticing when our choices or actions don't align with God's good vision for us. What do we do when we experience temptations like that? How do we choose what is best for us, especially in difficult times?

SO WHAT? Why does it matter to God and to us?

QUESTIONS | "How Do You Define Temptation?"

- Today, we're talking about a big concept: temptation. This may not be a usual topic for you, so out of curiosity, **how do you define temptation?**
- **INSTRUCTIONS:** *Have everyone turn to their neighbor and answer the previous question. After a few minutes, invite a few people to share their responses. Highlight responses that help reinforce the teaching below.*
- Temptation is being enticed in a certain direction. You could be tempted in helpful or harmful ways. Today, we mainly talk about being tempted away from God's good direction. When we feel a pull towards behaviors that satisfy us in the moment but not our long-term values or the life God wants for us—that's temptation.
 - This might look like a friend inviting you to do something you know you'll regret later.
 - Maybe you've thought about cheating on an exam or assignment to get ahead.
 - You may be tempted to lay in bed, doom-scrolling all day rather than getting fresh air, staying hydrated, or reaching out to a friend, which you know is better for you.
 - You might see something on the Internet you know is harmful and be tempted to keep exploring.
- But even if we know this type of temptation leads us down a destructive path, there are reasons we want to give in to it.
 - Often, temptation happens because we think making a particular choice or action will fulfill our God-given needs. Our need is real and reasonable, given to us by God. It is nothing to be ashamed of.
 - For instance, we all need healthy connections. But temptation convinces us to meet that need through unhealthy relationships or talking in ways that will attract friends but don't bring life to our friendships. We are tempted to meet good needs with unwanted behaviors that don't align with the life God wants for us.
- Temptation can show up in our lives in many ways, and we have all experienced it. Experiencing temptation is normal, but that doesn't mean we are powerless against it. When we encounter temptation, it doesn't have to call the shots. We can face temptation and choose to live differently.

SCRIPTURE | Luke 4:1–13

- When Jesus started his ministry on Earth, one of the first stories we read about was him in the wilderness. This wasn't for a vacation or to set the background of an exciting documentary on his life. Instead, he was brought here to confront temptation and show us how to do the same.
- **INSTRUCTIONS:** *Read Luke 4:1–13.*
- Jesus' life and ministry weren't produced on a Hollywood set under bright lights. He was shaped in a lonely desert where he fought against temptation. In the wilderness, the tempter offered Jesus appealing treasures that any of us would find hard to turn down. Jesus was tempted by power, protection, and food while desperately hungry.
- Yet, Jesus didn't give in. Jesus experienced temptation but chose the path set for him by God. He decided to stick to God's vision for his life and use his relationship with God to overcome the temptations he was experiencing.
 - Even when the tempter used Scripture to tempt Jesus, Jesus simply responded with Scripture as well. Over and over, Jesus battled temptation with what he learned through spending time with God.
 - We see Jesus draw upon God's teachings that he learned while they spent time together. Even amid the temptation, in his most vulnerable moment, he talked with God, listened to God, and repeated God's words.

- Eventually, when it was clear Jesus wasn't going to give in, the tempter left, and the temptation left, too. God didn't run away or abandon Jesus when the temptation arose. God was there with Jesus, equipping, encouraging, and helping him. Being tempted doesn't mean God has left you. It simply means you are human.
- Experiencing God's presence in the face of temptation gave Jesus the courage to follow God's path for him in the future. This story reminds us that God isn't disappointed with us when we're tempted.
- God doesn't run and hide. The Holy Spirit was with Jesus in the wilderness and is with us in our temptation, helping to guide and encourage us to God's ways, which truly meet our needs.

IMAGE | An Editing Timeline

- When you're making a movie, not all of the shots you collect will make it in. A lot of scenes will be edited out and left on "the cutting room floor," as they say. There will be scenes that just don't make sense in the story, seem outside of the movie's scope, or, honestly, are embarrassing.
- **INSTRUCTIONS:** *As a teaching tool, show an image of a video editing timeline [like this](#) or [like this](#). These images are free for you to use under the [Unsplash license](#).*
- Each of the little segments in this image is where an editor cuts a scene to jump to a new one or a new camera angle. They're signs that the film has been patched together to help tell the story the director wants to tell.
- If you were making a movie out of your life, there would be parts you would want to cut out. When we present ourselves to people, the choices we're not so proud of don't usually make it into the story of our lives.
- Jesus' story starts at one of these vulnerable moments that many of us may like to cut out of our story. It begins with something we might *think* is embarrassing, but Jesus fully embraces that part of his story. Jesus wants us to know that it's normal to be tempted. He also wants us to see a way to overcome temptations through our relationship and connection with God.

SCRIPTURE | Hebrews 2:18

- The story of Jesus' temptation was important for the Early Church. It helped them to connect with Jesus as God and as a human who experiences our struggles. They also saw how to ask God for help through these conflicts.
- **INSTRUCTIONS:** *Read Hebrews 2:18.*
- Early Jesus followers recognized that Jesus' experiences could help pull them through their temptations. This story didn't make Jesus "weak," like we often feel about our stories of temptation. Instead, knowing this part of Jesus' story helped strengthen their belief in Jesus and cemented Jesus as someone worth following.
- In the same way, we can trust Jesus because he knows what it's like to be tempted. He can help us when we are tempted, too. Jesus shows us that because God's Spirit is with us, we are not powerless or helpless when temptation arises. We can choose the healthy path and trust God will meet all our needs.
- We won't need to fear temptation when we practice being open with trusted friends and God. It is a normal part of life. Working through temptations is an opportunity to trust God and ask for courage that can only come from God. **When you face temptation, ask God for help.**

NOW WHAT? What does God want us to do about it?

- Here are three ways you can ask God for help this week.
 - **TALK TO GOD ABOUT YOUR TEMPTATIONS:** Did you notice how the Spirit of God compelled Jesus to the wilderness in Scripture? What if God knew that Jesus would be less distracted in the wilderness and more able to hear God's voice? In today's Scripture, we don't see Jesus overcome temptation by sheer willpower. Instead, his choices and responses were all shaped by how he spent time with God. God's Spirit was with Jesus in the wilderness. We can trust that God will do the same for us.

- **REPEAT GOD'S WORDS:** Like Jesus, we can memorize God's words. When Jesus was tempted to give in to unwanted behavior, he countered with a passage from the Bible. Jesus knew Scripture well, but it took time to memorize important passages. Jesus shows us the Bible is a tool to help us in our current times of need. You never know when a passage of Scripture can help you confront a temptation or think about a situation from a different perspective. Find a meaningful passage to you, and commit it to memory this week.
- **SPEND TIME WITH PEOPLE WHO TRUST JESUS:** We will face moments that feel like more than we can handle. Instead of overcoming temptation alone, we can call on our trusted friends to help us. The reality is that even Jesus didn't walk through life alone. Throughout the book of Luke, Jesus builds an incredible community of friends for support. Reach out to a few people this week and ask them if they would support you when you're facing temptation.
- Following Jesus can be difficult. The next time you face temptation, asking God for help may not be your first reaction. Responding like Jesus takes time to learn. So be patient with yourself.

REFLECTION | Dialogue With The Director

- All of us have experienced temptation. We might even be working through a specific situation right now. If we want to change how we respond to temptations, we must take our experiences to God for a new perspective.
- In old-school movie sets, directors sat in a special director's chair and guided the cast and crew through a megaphone. They used a megaphone because it amplified their voice and made it possible for everyone to hear them over the noise. God's voice can work like that in our lives.
- **INSTRUCTIONS:** *For this reflection, everyone will need the handout included in [this week's series material](#) and something to write with.*
- We're going to spend time reflecting on the temptations you are facing right now. I encourage you to talk with God about it. Write down what you might be hearing God say.
- We face temptation, too, and instead of trying to hide our weaknesses and temptations, we can ask God to help us. We can trust that God will give us the courage to walk forward. **When you face temptation, ask God for help.**