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Written by Nathanael Vissia

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An rfour.org Children's Time Message

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Written for Sunday, February 14, 2016  
Lent – 1st Sunday – Lectionary Year C

**Scripture:** [Luke 4:1-13](#) [ **Summary:** *Jesus is tempted* ]

**Supplies Needed:** You'll need two rubber bands (aka elastic bands). Preferably, you'll want the larger post-office type rubber bands for a better visual, but since you'll be stretching one until it breaks, you don't want it to be too big/strong because then it'll sting even more when it snaps.

**ASK** (a.k.a *The On-Ramp*)

- Good morning!
- Do you know what the word, "stress" means?
- That's right! It means the weight or "pressure" of one thing is placed against or "applied to" another thing.
- For example, have you ever taken a rubber band and stretched it and stretched it and stretched it until it broke? [*stretch the rubber band as you are talking. Time it so that you stretch it enough that it'll break right when you say, "broke."*]
- This is an example of stress being applied (by me) to another object (the rubber band).
- Did you notice that when too much stress was applied, the rubber band snapped?
- This can happen to us as humans, too.
- When we feel too much stress, we then say and do things we wouldn't normally say and do.
- We get impatient and annoyed.
- We might even snap, where one moment we seem ok and then the next moment for no real reason we're just really angry.

**TELL** (a.k.a *The Freeway*)

- In today's scripture story about Jesus, we hear that Jesus is experiencing quite a bit of stress.

- First, he's really hungry. The story says he didn't eat for 40 days and nights. That's a long time to not eat, isn't it? As kids, do not EVER do that, ok?
- Second, there's a voice that Jesus is hearing that's telling him to do things.
- And even though this voice is not God's voice, some of the things sound pretty attractive for Jesus; especially the eating some bread thing.
- So Jesus is feeling a lot like the rubber band.
- There's a lot of weight being pressed against him to act differently than he usually does.
- But Jesus doesn't snap. He doesn't listen to the other voice.
- And here's why [*stretch the second rubber band to the breaking point without actually breaking it while you are saying the following line*]: Jesus lessens the stress by using scripture as a reminder to pay attention to God and not to his hunger or the other voice he's hearing.

## **SHARE the Good News** (a.k.a. *The Destination*)

- When we pay attention to God like Jesus did, God helps us to be, live and act as the truth of who God made us to be, as God's gift.
- But when stress happens, it's easy to forget who we really are – we forget that we are God's gift, and instead, we snap.
- But today's story reminds us that we can do the same thing Jesus did when he felt stress – that we can use scripture stories as a way to remember to keep paying attention to God.
- And, we also have each other and our parents and teachers and members of this congregation who also remind us to keep paying attention to God
- Together, then, when one of us is feeling stress, we can help each other remember to pay attention to God and live as God's gifts instead of snapping.
- And that's the good news for today
- Let's pray. This is a repeat-after-me prayer.

### **CLOSING Prayer**

**Dear God,**

Dear God,

**Thank you for Jesus...**

Thank you for Jesus...

**...who reminds us ...**

...who reminds us...

**...to keep paying attention to you...**

...to keep paying attention to you...

**...so that we...**

...so that we...

**...may live as your gift...**

...may live as your gift...

**...in and to this world.**

...in and to this world.

**Amen**