

WEEK 1 PRESCHOOL LESSON GUIDE

PAGE-TURNER

THE BIG IDEA

God prepares us to fight temptation.

THE BIBLE

Jesus Resists Temptation:
Luke 4:1-13

WELCOME TIME

MUSIC | Epic Praise!

- **INSTRUCTIONS:** You can lead the kids in worship with any songs you like, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Jump Around" (Kidspring)
 - "My God is So Big" (Life Kids)
 - "Power Up Dance Moves" (Orange Music)
 - "Looking At My Heart" (Kidspring)

ACTIVITY | The Perfect Sidekick

- Hello, friends! Welcome to Page-Turner! For the next four weeks, we will be traveling together into amazing stories! It'll be like pretending to be the characters in your favorite books!
- Raise your hands if you like to imagine! I do! This is going to be so much fun!
- **INSTRUCTIONS:** Gather drawing supplies the kids can use to draw their perfect superhero sidekick. You might want to provide a few picture books with pictures of sidekicks to show kids.
 - ✂ **TODDLER HACK:** Print a few outlines of animals (like this [unicorn](#), [tiger](#), [panda](#), or [lizard](#)) so the younger kids can color a sidekick rather than create a sidekick from scratch.
- Today, I want you to imagine that you are the main character in a story. You are walking into a misty rainforest to face the greatest battle of your life. Scary, right? But you don't have to be afraid because you are not alone. You have a sidekick with you!

- **Do you know what a sidekick is?** A sidekick is a friend who stands by your side and helps you.
- What would your perfect sidekick look like? Maybe it is a dog who is a lot like your pet at home? Maybe it is your favorite stuffed animal that magically turns into a real animal? Maybe it is a unicorn that you can saddle and ride?
- We are going to draw and name our perfect sidekicks. As you draw, remember that we never have to fight alone!

ACTIVITY | Hero Training

- Now that you have created your sidekick, we need to prepare for battle! Heroes need to train, right? Let's stretch and exercise so we are strong and ready for whatever comes our way!
- **INSTRUCTIONS:** *Identify three different locations around the room for three hero training activities.*
 - *Station 1: Stretches*
 - *Station 2: Pool noodle limbo*
 - *Station 3: Run in place*
- *[Lead the kids to Station 1.]* Every hero knows they need to stretch before they go into battle!
 - So first, I want to see if you can magically fold yourselves in half! Reach down and touch your toes. *[Demonstrate this stretch for the kids.]*
 - Next, I want to see if you can touch the sky. Reach up as high as you can! *[Demonstrate this stretch for the kids.]*
 - And finally, I want to see if you can fly. Let's sit down and do the butterfly stretch. *[Demonstrate this stretch for the kids.]* Put the bottoms of your feet together and your knees out to the side. Now, flap your knees. Wow! You are flying! You are all heroes! I think you are ready for Hero Training Station 2!
- *[Lead the kids to Station 2.]* Heroes have to be prepared to fit into unusual spaces. You never know where you will need to go for a rescue mission, right?
 - So, we are going to practice getting into small places by bending backward and walking under this noodle. This will definitely prepare you for some pretty epic adventures! *[Line up the kids. Have two leaders hold the ends of a pool noodle, and have the kids do the limbo one at a time, lowering the pool noodle each round.]*
- *[Lead the kids to Station 3.]* Heroes have to be able to move fast. Let's practice running in place as fast as we can!
 - The key is to stay in your area and not touch anyone else around you. Ready? Go! *[Lead the kids in running in place.]*
 - Now, another important hero skill is the ability to stop really quickly. So, when I say, "Go!" you are going to run in place as fast as you can. I am going to run, too. As soon as you see me stop running, stop as quickly as you can. Ready? Go! *[Run in place for a few seconds, and then abruptly stop. Wait for all of the kids to stop running.]*
- Good job, heroes! You have successfully finished your training!
- Heroes need to prepare to go on their adventures. Today's Bible story is going to show us how we can train and prepare for our own adventures!

TEACHING TIME

BIBLE STORY | Jesus Resists Temptation

- In every good story, there is a hero, right? **Who are some of your favorite heroes in books or movies?**
- Today, our story is from the greatest book ever: the Bible! And the person in our story is the greatest hero ever: Jesus! *[Flex your muscles and encourage the kids to do the same.]*
- **INSTRUCTIONS:** *Bookmark today's Bible passage, Luke 4:1-13.*
- In Luke chapter four, Jesus goes out into the wilderness to face a major enemy, the devil. While Jesus is in the wilderness, Jesus doesn't eat anything for forty days!
 - Can you imagine that? **Rub your tummies with me and say, "I'm hungry!"**
- While Jesus is so hungry, the devil came to tempt Jesus.
 - **Do you know what it means to be tempted?** Being tempted means that you think about making a wrong choice.
- The devil tried to make wrong choices seem like good choices. The devil tried to trick Jesus, but Jesus knew what the devil was doing, and Jesus fought back!
 - The devil tried to tempt Jesus by telling Jesus to turn stones into bread. Jesus was hungry, remember, so this was probably super tempting, but Jesus said, "No!"
 - Jesus made the right choice. *[Make a thumbs up.]*
- Then, the devil said to Jesus, "If you worship me, I'll make you the king of the world!" Jesus said, "No!" Jesus made the right choice to worship God only. *[Make a thumbs up.]*
- Finally, the devil told Jesus to jump off the edge of something really, really high so God would catch Jesus. Jesus said, "No!" Jesus told the devil it was not the right choice to test God. *[Make a thumbs down.]*
- Then, guess what? The devil left! Jesus is the hero! *[Flex your muscles.]*
- Jesus won the battle against the devil. Let's all cheer for Jesus! *[Clap, wave your hands, and cheer with the kids.]*

BIG IDEA | God prepares us to fight temptation.

- **INSTRUCTIONS:** *Before the kids arrive, make a giant book with each week's Big Idea printed or written on its own page. Display the book on a large easel or have a volunteer hold it. Turn to the first page to show this week's Big Idea written in large letters.*
- Do you know what helped Jesus defeat the devil? It wasn't a sword or water balloons! It was the Bible! *[Open and close your palms like a book.]*
- Everything Jesus said to the devil was words he knew from the Bible. And we can be prepared like Jesus was, when we read and learn about the Bible.
- **God prepares us to fight temptation. Can you say that with me?** *[Lead the kids in repeating the Big Idea while pointing to the Big Idea storybook.]*

VIDEO | Page-Turner, Episode 1

- **INSTRUCTIONS:** *Play this week's episode of [Cali's World](#).*

ACTIVITY | Special Power Ball

- **INSTRUCTIONS:** *Seat the kids in a circle. Ask a question and invite the kids to raise their hands if they have something they'd like to share. Roll a ball to the kid who would like to respond and encourage everyone else to listen to the person holding the ball.*
- Some heroes have special or secret powers that make them strong. If I had a special power, I would want to have springs on my feet so I could jump up and touch the clouds! I have always wondered what clouds feel like!
 - **If you could have any special power what would it be?** *[Roll the ball to the kid who wants to respond. Then, have that kid roll the ball to another kid until everyone who wants to share has a turn.]*
- **Do you remember who our hero was in the Bible story that we read today?** Jesus!
- **What was Jesus' special, secret power?** You've got it! The Bible! *[Open and close your hands like a book.]*
- **God prepares us to fight temptation. And how do we fight temptation?** Yes, with the same special power Jesus did – the Bible!

PRAYER

- Dear God, thank you for giving us everything we need to fight temptation and make the right choices. Whenever we don't know what to do, help us to turn to what you taught us in the Bible. Amen.

DISCUSSION TIME

SNACK | S'mores Trail Mix

- **INSTRUCTIONS:** *Serve s'mores trail mix with chocolate chips, small marshmallows, and graham cracker-flavored cereal.*
- In our story, we read that Jesus was led by the Holy Spirit into the wilderness. When I think about the wilderness, I think about going camping!
- I love sitting around a campfire, roasting marshmallows, and making s'mores!
 - **What is your favorite food to eat when you are camping or on a road trip?**
- When Jesus was in the wilderness, Jesus didn't eat for forty days! That's when the devil came to tempt Jesus.
 - **If you were Jesus, how would you feel? Would it be easy or difficult to stay strong and not be tempted?**
- Yes, I can imagine that I would feel hungry, too, and maybe a little scared! Jesus didn't eat yummy snacks to feel better, even though the devil tempted Jesus with delicious bread.
 - **When the devil was tempting Jesus, what did Jesus do?**
- Jesus trusted the Holy Spirit to help! Jesus also used the Bible to fight temptation and make the right choice. Jesus helps us make the right choices, too!

ACTIVITY | Would You Rather?

- **What is our Big Idea today?** *[Point to the giant storybook.]* Yes! Today's Big Idea is **God prepares us to fight temptation.**
 - **Do you remember what temptation is?** Being tempted means that you think about making a wrong choice. The devil tried to make wrong choices seem like good choices, but God helps us make good choices. God helps us make the right choice through what is written in the Bible.
- **INSTRUCTIONS:** *Gather the kids in the middle of the room. Have kids walk to either the right or left side of the room to answer each question.*
 - ✂ **TODDLER HACK:** *For the later questions, simplify them for the younger kids by asking these two questions: 1) Would you rather be nice or mean? 2) Would you rather share your toys or keep them to yourself?*
- Now, we are going to play a game where I will give you a choice, and I want you to make a decision.
 - I am going to give you two options. If you choose the first option, walk to the left side of the room. *[Point to the left.]* If you choose the second option, walk to the right side of the room. *[Point to the right.]*
 - Wait until you hear both choices, and then I will say, "Go," and you can choose which side. Are you ready?
- **Would you rather have a flying car** *[Point to the right.]* **or a machine that could take you back in time?** *[Point to the left.]* Go!
 - Interesting! It would be awesome if a flying car was a time machine, too! Okay, come back to the middle.
- **Would you rather live in a castle** *[Point to the right.]* **or live in a spaceship?** *[Point to the left.]*
 - I'd totally want to live in a castle but a spaceship sounds cool, too! Back to the middle, everyone.
- **Would you rather be super strong** *[Point to the right.]* **or super fast?** *[Point to the left.]*
 - Ooh, that was a hard one to choose. Great job making a choice. Let's come back to the middle.
- Now, let's pretend you found some money on the ground in your classroom. **Would you rather keep the money** *[Point to the left.]* **or would you rather turn the money in to your teacher so that she could return it to the owner of the money?** *[Point to the right.]*
 - That is a harder one, isn't it? It is tempting to want to keep the money, but the right choice is to turn it in, right? Come back to the middle.
- Here's another one: Let's pretend your friends are making fun of a new kid at school. **Would you rather set an example to your friends by being kind** *[Point to the left.]* **or would you rather join them and make fun of the new kid, too?** *[Point to the right.]*
 - Sometimes, we are tempted to go along with our friends even if they are making bad choices, but God makes us brave and helps us do the right thing!
- God helps us make good choices. **And God does this by preparing us to fight temptation.**

ACTIVITY | The Shiny Key

- **INSTRUCTIONS:** Gather the kids around tables or work stations. After you tell the brief story, pass out the key outlines, aluminum foil pieces, and glue sticks. Play music (like [this](#)) during the story and while they make their keys.
 - ✂ **TODDLER HACK:** Prepare a set of [toy locks and keys](#) that toddlers can play with while you tell the story.
- Let's all close our eyes and pretend that we are watching a story in our minds. Imagine a young superhero. She just captured a precious red jewel from a dark, cold castle. She turns around to flee the castle and begins to run.
- Then, she hears footsteps behind her! Oh, no! The castle guards are after her!
- She comes to a large, iron door and turns the doorknob . . . but it is locked. She can't get out! She tries to push the door open, and it won't budge.
- The loud footsteps of the castle guards are getting closer. Suddenly, she feels the weight of something in her pocket. Then, she remembered that this morning as she left the house, her mom gave her a kiss goodbye and put something in her jacket pocket.
 - **What do you think it was?**
- She reached in and found a shiny, silver key! She pushed the key into the lock on the door and it opened! She was free! She was prepared all along! Before she even got into the castle, she had what she needed!
- Maybe God doesn't give us an actual key, but still, **God prepares us to fight temptation** just like that! God gives us what we need before we even get to the battle!
- We are going to make our own shiny, silver keys to take home. They will remind us that God prepares us to fight temptation!

MEMORY VERSE | II Thessalonians 3:3 (NIV)

- **INSTRUCTIONS:** Give out [foam swords](#) for kids to pretend they are training for battle. Have kids repeat sections of the memory verse after you as they "train."
- Imagine you are a mighty superhero leading a squad to defeat the enemy. The words of our memory verse are the last words you'll say before leading your people into battle, so shout them loud and strong!
- **"But the Lord is faithful, and he will strengthen you and protect you from the evil one."**
- Every time you practice the memory verse, let it be your battle cry!

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTION:** Print and distribute this week's coloring page along with crayons or markers. Discuss today's Bible story and Big Idea as the kids color.

ACTIVITY | Big Idea Bookmark

- **INSTRUCTIONS:** Prepare rectangular pieces of cardstock paper to serve as the bookmark base. Provide a bin of scraps of construction paper and scrapbook paper and guide them to [make bookmarks using tear art](#). Print the Big Idea on labels that kids can peel out and stick on their bookmark.
- You can use these bookmarks as you read through the Bible at home with your family.

ACTIVITY | Hero House

- **INSTRUCTIONS:** Encourage the kids to build houses out of LEGO Duplo blocks.
- Today, we've heard how God prepares us to fight temptation. God makes us strong!
- The places where heroes live are strong and not easily knocked down! So, build the strongest, biggest, coolest house that you can!
- As you build your strong house, remember that God helps you to be strong enough to say no to temptation!

Encourage your preschoolers to help clean up the room while they wait for their parents.