

for use as  
**STEP 1**



### Lesson 7

#### Focus:

God's Word helps me  
when I'm tempted.

### Lesson 7

#### Bible Basis:

Luke 4:1-13

### Lesson 7

#### Memory Verse:

I have hidden your word in my heart that I  
might not sin against you. —Psalm 119:11.

**Students will recognize the benefits of being prepared to face temptation by committing Scripture to memory.**

#### Materials:

Internet access

Some people are over-packers. They might fill three suitcases for an overnight stay at a relative's house. Why? "Just in case." They might need this, or they might need that. They want to be sure they are prepared for anything that might come up.

Share the following video [3:50; stop at 3:27].

Ultimate Minimalist Packing Tips for Your Perfect Weekend Getaway!

<https://www.youtube.com/watch?v=bxwQICR8byA>

**This video talked about how not to overpack for a trip but to instead bring only things which are useful and essential. Over-packing is not limited to suitcases and trips. It can even be easy to overpack our backpacks, purses, or bookbags.**

➤ **Do you tend to overpack your bag—for either travel or school? Why or why not?** (Accept all reasonable responses.)

➤ **Do you carry a purse, a book bag, or a backpack? What kinds of things do you carry with you? Would you say most items you carry are useful?** (Answers will vary; phone, pens, tissue, sweater, sports schedule, etc.)

➤ **Why do people feel the need to be prepared for what may come up throughout the day?** (Answers will vary; they do not want to be uncomfortable; they do not want to have to buy something; they like to feel in control, etc.)

Some will say we can never be too prepared. Who wants to be caught in a situation where you need an umbrella and do not have one, or where you need tissue but have none? Some situations, however, require a different kind of preparation—preparation that goes beyond filling a book bag, suitcase, or purse. Unexpected situations arise where we come face-to-face with temptation and need to have the words and strength ready to respond in a

**way that pleases God.**

➤ **What are some temptations that might appear when you are not expecting them?**  
(Answers will vary; cheating on a test; joining others in picking on someone; telling a lie, etc.)

➤ **When have you regretted not being able to resist a temptation?** (Answers will vary.)

**Let's see what we can tuck away in our hearts and carry with us always, so we can be prepared to face circumstances that place temptations in front of us.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

upper elementary



Lesson 7 / January 12, 2025

# Always Ready

for use as  
**STEP 4** 

**Lesson 7**

**Focus:**

God's Word helps me  
when I'm tempted.

**Lesson 7**

**Bible Basis:**

Luke 4:1-13

**Lesson 7**

**Memory Verse:**

I have hidden your word in my heart that I  
might not sin against you. —Psalm 119:11

**Materials:**

- Internet access
- Index cards
- Pens/pencils

If your class is meeting online, invite students to bring supplies with them to class.

Carrying Scripture with us is good if we have time to sit and flip through the pages to find the chapter and verse we need. Like the woman in the video who reached into her purse and pulled out whatever was needed at the time, we may need the words of a specific verse immediately. When we are faced with quick decisions in the face of temptation, we can pull a verse quickly from our hearts and minds if we have taken the time to prepare through Bible memorization. The more we memorize, the more prepared we will be for whatever temptation comes our way.

➤ What are some Bible verses that you have committed to memory? (Answers will vary.)

There are a number of techniques for memorizing Bible verses. All of them include repetition, for that is the way we remember. If you read the same verse over and over, eventually you will know the verse. There are a number of sites on the Internet and apps for phones that help with Scripture memory. Some involve typing. The one we are going to use today involves singing jingles.

Share the following site:

Bible Jingles

<http://www.biblejingles.com/>

The jingles that are lower on the page are a bit more lively. Choose a number of the jingles and play them once, and then repeat them asking the students to try to sing along the second time.

Distribute supplies (or invite students to have them ready at home) and ask your preteens to write out today's memory verse: "I have hidden your word in my heart that I might not sin against you—Psalm 119:11."

Split the class into several small groups (or use the breakout room feature of your video chat software). Ask each group to come up with a jingle for the memory verse on their index cards. Suggest that they add hand motions to their jingle.

After they've had time to work on their jingles, bring the class together, and ask each group to share their jingle.

Challenge your students to take the verse home with them and continue to practice their group's jingle.

➤ **How might having God's Word at the tip of your thoughts come in handy this week at school?** (Answers will vary.)

For a closing prayer, recite Psalm 119:11. Then pray: **Help us to know your Word well, so we can depend on it to help us stand up against temptation. In Jesus' name, amen.**

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