



# Growing FAITH at home

FIRST  
SUNDAY  
IN LENT

YEAR C

## Overcoming temptation



growministries

LCA CHILD YOUTH & FAMILY MINISTRY



LUTHERAN  
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## CONVERSATIONS

*Share your highs and lows, or respond to the following:*

1. Share about a time when you felt tempted. What happened?
2. How did the devil tempt Jesus? How did Jesus respond?
3. What can we learn from the way Jesus responded?



## BIBLE READINGS

*Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.*

<b>S</b>	<b>Luke 4:1-13</b>	The temptation of Jesus
<b>M</b>	<b>Deuteronomy 26:1-11</b>	First fruits and tithes
<b>T</b>	<b>Romans 10:8b-13</b>	Jesus is Lord
<b>W</b>	<b>Luke 22:39-46</b>	Jesus on the Mount of Olives
<b>T</b>	<b>James 1:2-18</b>	Trials and temptations
<b>F</b>	<b>Genesis 39</b>	Joseph resists temptation
<b>S</b>	<b>Psalm 91:1-2, 9-16</b>	He is my refuge and my fortress

## VERSE OF THE WEEK

Jesus replied, "The scriptures say,  
'You must worship the LORD your  
God and serve only him.'"

LUKE 4:8





## CREATIVE RESPONSE

Lent is a season of the church year when we give particular focus to prayer.

As a household, pray for specific things each day of the week over Lent.

Here are some ideas:

**Sunday** – for pastors and other church workers, and for the ministry of your congregation. (Ask them if they have needs you could specifically pray for.)

**Monday** – for missions and missionaries.

**Tuesday** – for friends and neighbours, and for those who don't know Christ.

**Wednesday** – for political leaders and world peace.

**Thursday** – for colleagues at work or school.

**Friday** – for your relatives.

**Saturday** – for personal needs or concerns.

You may want to print or write up your chosen schedule and post it where all household members can see.



## MEALTIME PRAYER

Thank you God for our bread that feeds us and for your word that fills our hearts. Amen.



## PRAYER

Lord, make us strong when we are tempted to do wrong. Help us to do what is right and good. Amen.



## ACTION RESPONSE

As a household, consider giving up a treat food or activity for Lent.

Each week put into a tin the amount of money saved through this sacrifice. Decide on a charitable cause to donate the money to at the end of Lent.



## BLESSING

May God bless you with his love and may God rescue and protect you.