

Unit 4: GOD'S LOVE TRANSFORMS US

Lesson 4.2 Sunday of Expulsion: Avoiding Temptations

Teacher Preparation and Materials Needed:

Bible Reference: *Genesis 3:1-7*

Video Lesson: [Be the Bee # 156 | 3 Ways Christians Can Deal with Temptation](#) (duration 14:14)

Class activity: *If time permits, after discussing the lesson and understanding how temptation takes us away from God, stand in a circle and pray together the Wisdom Prayer and ask God to give you strength to overcome temptations not only during your Lenten Journey, but at all times.*

Activity 1: Prayer, Fasting, Almsgiving - Connect With Lines

Activity 2: [Prayer Blocks](#)

Items Needed: Prayer cube print outs on cardstock, scissors, and glue.

**Note: Encourage the older students to assist the younger ones.*

***Note: Required prayer for this lesson is the Wisdom Prayer. Feel free to make all prayer blocks or another one of choice.*

Homework Activity: My Lenten Goals worksheet

**Note: Consider encouraging the use of the 2024 Lenten calendar*

Words of the week:

աղօթք - aghotk - prayer

պահք - bahk - fasting

ողորմութիւն - voghormootyoon - almsgiving

Memory Verse:

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”

1 Peter 5:8

Lesson

Lesson Opening & Creating Interest:

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

Lesson Body:

Let’s start today’s lesson with a discussion. Life is filled with choices, and the choices that you make can change your life and the lives of those around you for better or for worse. Can you think of a famous person who made a choice that seemed to surprise everyone and yet affected their life in a negative way?

One may say, “Why did he or she do that? It doesn’t make sense. Why would someone do something illegal or hurt another or lie or cheat?” Ask yourself if you’ve ever thought any of these common thoughts that often lead us right into temptation: *that would never happen to me. Just one lie won’t matter that much. No one else will know. Everyone else is doing it.* In truth, every single one of us is very close to the line of temptation.

We have many great examples of these in the Bible and one of them is the theme of this Sunday, the second Sunday of the Great Lent, which is called the Sunday of Expulsion.

Read Genesis 3:1-13



In Genesis 3:1-13, we see how temptation doesn’t come from God and never does – but it comes from Satan. Adam and Eve were tempted by Satan, because Satan convinced them of something that was not true. They made the wrong choice, disobeying God and then blaming others and not taking responsibility for what they had done.

So, what is temptation? In a nutshell, temptation is a desire to engage in short-term urges for enjoyment that threatens long-term goals. Temptation leads to sins and, thus, a separation from God.

There are some major types of temptations in this world like social media, drugs, alcohol, the wrong friends/relationships, revealing and expensive clothes, negatively impacting music, and so much more. All these major temptations always begin with smaller temptations: a desire to fit in, an attractive look, a desire for popularity or power, etc.

Even Christ was tempted by Satan when He was in the desert for 40 days. This is what the 40-day period of Great Lent represents. Jesus rejected Satan’s words and overcame those temptations by prayer and fasting. Inspired by Jesus’ strength, we too must strive to be like Him and step by step make our way to holiness.

Q: Do you know what type of temptations are there?

In this world temptations are everywhere and there are many different ones, but they can be summed up in three main categories.

- **The first is the desire of the flesh.** These are natural wants and desires of our body; excessive eating, drinking, sleeping, physical attraction and desires, excessively pampering yourself, emotions such as jealousy, greed, and selfishness.
- **The second is pride in life.** These are desires of the ego to seek excessive power, authority, knowledge, popularity, attention, strength, prestige, selfishness, recklessness, and irresponsibility.
- **The third is lust for the eyes.** These are the desires of what we want to see more of (excessively) in the world, possessions, materials like big houses, a nice car, the newest cell phone, etc.

In all three categories mentioned the key word is excessive. To much of anything is never good. We should strive to be satisfied by what we have and be grateful for that. It is a balance between needs and wants. Sometimes when we have more than we need, it is always noble to share with those who are in need - this is almsgiving at its finest.

In the end it always comes down to choices we make. Saying NO to temptations involves a lot of strength and power of one's soul. When we feel we are being tempted by Satan and his demons, we must pray for strength against them and make the sign of the cross. Making the sign of the cross and saying the Jesus Prayer (*Lord Jesus Christ, Son of God; have mercy on me a sinner*) or other prayers, is a powerful tool to help us fight temptations.

In the Bible it says, *"If anything is good, if anything is pure, if anything is noble... let your mind, your heart, dwell on these things above, where Christ is" (Philippians 4:8)*. This is the kind of environment that we want to create in our hearts and souls to aid us in this fight against provocation and temptation.

We gain that strength by committing to grow in holiness through prayer, fasting and almsgiving. Let this Great Lent be the opportunity for us to make our will power stronger and by relying on God's mercy and guidance.

Words of the Week:

աղօթք - aghotk - prayer

սպահք - bahk - fasting

ողորմութիւն - voghormootyoon - almsgiving

Memory Verse:

"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."

1 Peter 5:8

Video Lesson: [Be the Bee # 156 | 3 Ways Christians Can Deal with Temptation](#) (duration 14:14)

Activity 1: Look at the words and phrases listed and draw a line to the word which it best describes. You may find more than one for each word.

PRAYER

FASTING

ALMSGIVING

- avoid eating rich foods
- conversation
- give money to the needy
- relationship
- shelter the homeless
- reduce time spent on social media and video games
- spend time with a friend
- be a friend to one who is alone
- make more time for charitable works

Activity 2: [Prayer Blocks](#)

Directions: Cut according to lines and crease the folds. Using glue, assemble the sides to create a cube and/or a pyramid (if using the Lord's Prayer sheet).

Class activity: *If time permits, after discussing the lesson and understanding how temptation takes us away from God, stand in a circle and pray together the Wisdom Prayer and ask God to give you strength to overcome temptations not only during your Lenten Journey, but at all times.*

Review

Memory Verse Review:

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”
- 1 Peter 5:8

Lesson Review:

Questions:

1. What is temptation? (The desire to engage in short-term urges for enjoyment that threatens long-term goals)
2. Who tempts us? (Satan and his demons)
3. What are the three types of temptation? (Desire of the flesh, pride in life, and lust for the eyes)
4. How can you fight against temptation? (When you feel you are being tempted, make the sign of the cross and pray)
5. What is the Jesus Prayer? (Lord Jesus Christ, Son of God, have mercy on me a sinner)

Words of the Week:

աղօթք - aghotk - prayer

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* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.

At Home

Memorize By Next Week:

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.” - 1 Peter 5:8

As you walk the Lenten journey, talk to your parents, reflect, and identify what you need to do to enhance your prayer life, and what are some things that you need to improve in your daily routine so you can live your life in God’s loving presence. Use the Lenten calendar as a guide.

My Lenten Goals

Write down your personal goals and what you must do to achieve them during this Great Lent.
