

Changing means trusting God to help us

Family Page
lesson passage: James 4 & 5

We learned tonight that God overcomes the devil and that when we obey and call on God the devil has to run away. We can defeat temptation!

Consider one of these activities with your family this week.

Break the Chain!

Give yourself and your child the opportunity to reflect on the temptations that you battle with on a regular basis. There may be times that these things shift from temptation to sin and there may be times that you succeed in combatting the desires. You may want to share some of them and you may want to keep others between you and God, whatever is right for each of you. This may be a time for family members to speak the truth in love to one another; that may not be a step your family is ready for. Again, do what is prayerfully right for you.

- Cut strips of paper.
- Write one temptation on each strip.
- Tape the strips together to create a chain of your temptations so that each family member has their own.
- 2 family members hold either end of the chain so that the person's chain it is can yell, "In the name of Jesus I command you to run away devil!" or something along those lines, as they karate chop to break the chain.
- Allow each family member the opportunity to do so.

Close in prayer. Thanking God for his strength and power in his children through the Holy Spirit.

Remind everyone that the devil will return and will try to get us to do what our selfish selves want to do. Each of us has to call on the power of the Holy Spirit a lot every day to combat temptation. When we fail all we have to do is tell Jesus what we did (confess) and ask him to help us do better the next time. His forgiveness is always there.



Human Knot Experiment

This game gives you a physical representation of inviting an outside force to help you solve your problem. You must listen. Move slowly and carefully. And trust the source of information. As you debrief the game consider God/Holy Spirit as the outside force and the tangled hands, arms, elbows, knees, and toes as the situations temptation gets us into.

Was it easy to listen to the outside person? Did you think you knew a better way sometimes? Were you able to get untangled or did you just to break hands and give up?

- 1 family member will remain outside the knot
- Remaining members will tangle their hands and legs together into a knot.
- The outside person will give gentle instructions to help the tangled members get free. Knotted folks may not let go of hands during the game.