

Lent Week 1: The Desert

Jesus chooses the Father's will

Ages about 7-11 | Video 1:59 | Group lesson about 25-35 minutes

Central truth Jesus faced temptation in the desert and chose fidelity to God rather than misusing his power.

Learning goals Recall Jesus' desert preparation; distinguish temptation from choosing sin; and practice seeking help for an honest loving choice.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask whether the easiest choice is always the best. Watch how Jesus responds when his power is put to the test.

Watch and notice

Notice Jesus' prayer and fasting, the invitation to turn stones into bread, and the reflection's practice of returning the heart toward God.

Talk together | 6-8 minutes

1. Where did Jesus prepare after his baptism?

In the desert, where he prayed and fasted for forty days before his public ministry.

2. Why was the invitation to turn stones to bread a test?

It invited Jesus to use his power according to the tempter's demand instead of trusting the Father. Bread itself is good.

3. Is being tempted the same as sinning?

No. Jesus was tempted and remained faithful. We can seek grace and help instead of accepting a wrong invitation.

4. What could help when an easy choice would be dishonest?

Pause, pray, and ask a trusted adult for guidance. Choose truth, such as admitting a mistake rather than hiding it.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

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Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw Jesus praying in the desert. Then draw yourself choosing honesty with God's help. Accept an oral explanation.

Read & Write Recall the story, explain its central teaching, then apply it through a specific choice.

Adapt by readiness

Ages 7-8: draw or dictate answers; revisit the named story moment together.

Ages 9-11: explain the connection between the story detail and the planned response.

The choice at the crossroads | Optional 4 minutes

Draw a forked desert path. Use a small example: finding someone's lost pencil or making a mistake in a game. Label one branch Easy but unkind and the other Honest and loving. Add a prayer and a trusted helper beside the honest path; practice the choice aloud.

Look for understanding Look for the named story details in the answers and a practical response connected to temptation and faithful choices.

Closing prayer Jesus, you know our struggles. Bring our hearts back to you and help us choose what is true and loving. Amen.

At home Discuss one ordinary difficult choice with an adult and practice a truthful response.

Handout answer notes Jesus prayed and fasted. Temptation is an invitation; accepting the wrong choice is different. Plans should include truthful action and appropriate help.

Teach with care

Provide paper and pencils. Preview the video and invite children to ask questions or pass. Choose ordinary, child-sized situations. Do not ask children to imitate Jesus' forty-day fast or disclose private temptations. The phrase Jesus began Lent before we did is a devotional comparison: the Church's later Lenten season recalls his forty days. Children must not imitate his long fast. Do not rehearse frightening tempter dialogue.

Words to explain Temptation: an invitation to choose what is wrong. Fidelity: remaining faithful. Desert: the wilderness where Jesus prayed and fasted.

Sources for the leader

Story source: [Servus Dei video and English transcript](#)

Background: [Matthew 4:1-11: temptation in the wilderness](#)

Stay on the loving path

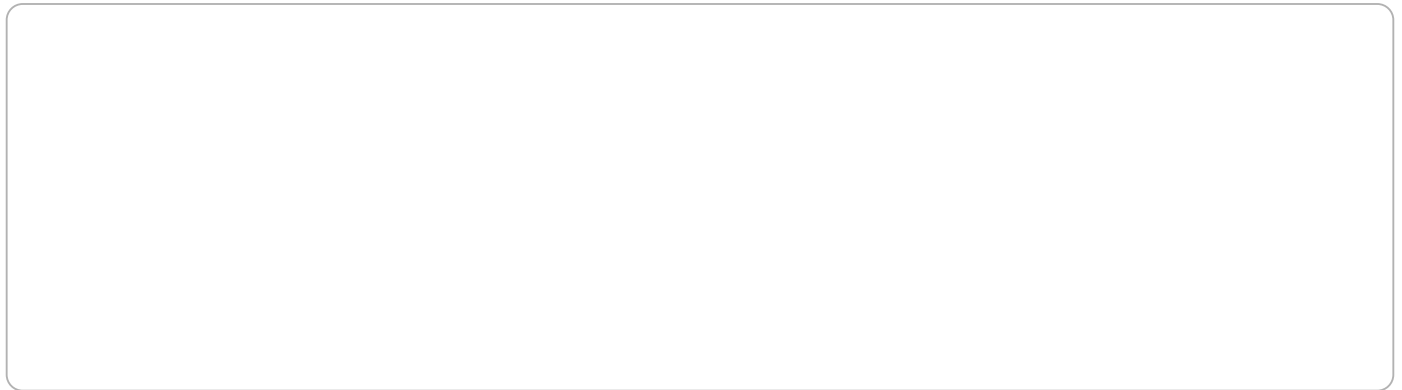
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Jesus faced temptation in the desert and chose fidelity to God rather than misusing his power.

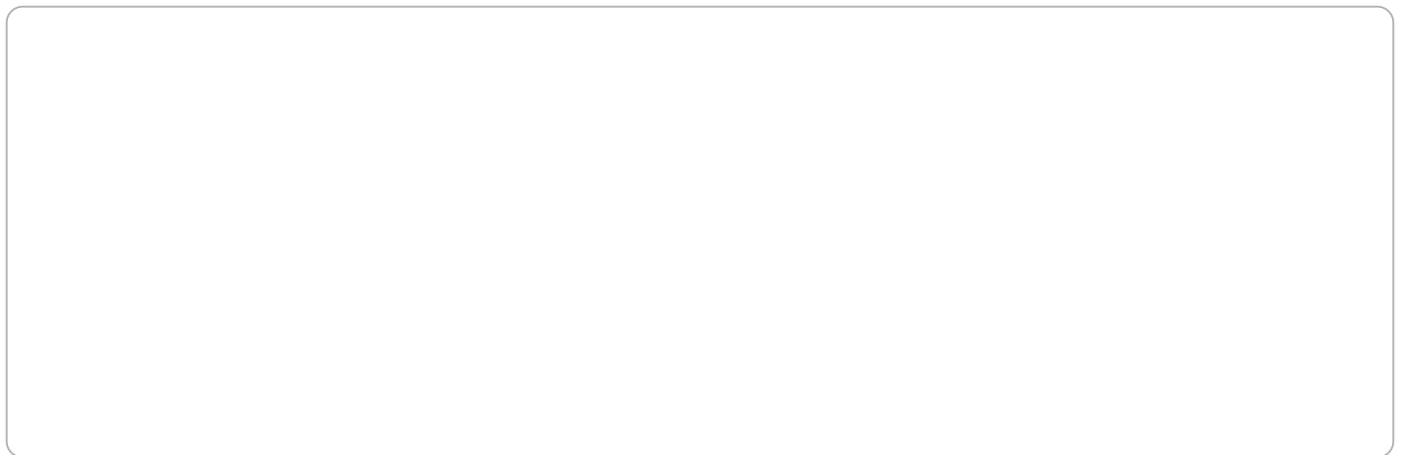
Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw Jesus praying in the desert.



2 Draw yourself choosing honesty with God's help.



Tell How did Jesus remain faithful? What help is available in your choice?

Pray Jesus, you know our struggles. Bring our hearts back to you and help us choose what is true and loving. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

Choosing what matters

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Jesus chooses the Father's will. Remember, explain, and respond.

Name _____

1 Remember

What did Jesus do in the desert?

Jesus ...

2 Explain

Why is temptation different from sin?

A temptation ...

3 Respond

Plan a truthful response to a difficult choice.

I can pause and ...

Pray Jesus, you know our struggles. Bring our hearts back to you and help us choose what is true and loving. Amen.

Go deeper Why can saying no to a wrong shortcut make room for something better?