



A QUICK WORD...

This is a lesson in the Quarantine Sunday School Series. Each week I (Nathan) am creating a short lesson that is parent (and kid) friendly. Each lesson touches on the topics we are all thinking about right now and teaches kids what the Bible says about them. So whether or not kids are afraid of the Coronavirus they will all know what the Word of God teaches about God's power over disease and much more!

Share these lessons with your friends and family

A SONG TO GET US THINKING...

Every Move I Make

<https://www.youtube.com/watch?v=MPvnZILn6EY>



FAMILY DEVOTIONAL—GOD'S WORD GETS US THROUGH

Matthew 4:1-11

You know what I've noticed the past few weeks? Everyone has very different needs when it comes to being alone or being with other people, right? Some people in our family like not having as many people around right now. There are other people in our family who can't wait to get out and be around lots of people again!

No matter what, we are all having a hard time with being stuck in our house, right? We like our schedules, and we enjoy seeing our friends. It's REALLY hard having to be isolated. What do you miss the most when we're isolated?

There are a lot of things to miss, aren't there? Did you know that Jesus was also isolated when he was here on Earth? He took 40 days and went into the wilderness where He was there by himself. His friends weren't with him. He didn't do the things He normally did, including eat!!! He was all alone in the wilderness, and hungry, for 40 days!

That's a really long time, isn't it?

You know what happened to Jesus while He was there? Satan tempted Him. He told Jesus that if He was so hungry why not turn the rocks into bread? Satan took Jesus up to a high point and told him to jump...Satan wanted Jesus to doubt God's ability. Over and over again Satan tempted Jesus while He was alone.



It's hard to be alone. We might feel tempted by Satan when we are alone. Satan might try to trick us into thinking the world is out of God's control. He may try to make us doubt God's plan.

We might find that we get frustrated more easily, or sad more easily. We might be angry, disappointed, or bored. There are a lot of different emotions that can come from being isolated.

(Take a piece of paper, and divide it into a few sections. Label each section with a different emotion your family is feeling during quarantine. Have each member write down the reasons why they feel that way and discuss them.)

Do you know what Jesus did to handle big emotions like these? He quoted Bible verses and talked to God about it in prayer. In fact, Jesus told Satan "NO" with verses from....Deuteronomy!



We don't quote verses from Deuteronomy very often, do we?!!!

Sometimes, when we are feeling very BIG emotions, we think we are the only ones who feel them.

But that's not true. God's Word reminds us that God knows EXACTLY how we feel. (Hebrews 4:15) Every emotion we feel, God felt! And we can talk to Him about those feelings. He wants to listen to your feelings and He wants to help you with them. Talk to God about how you are feeling today!

A FEW DISCUSSION QUESTIONS

1. What kind of big emotions do you have being quarantined?
2. How do you think Jesus felt being in the wilderness?
3. What did Jesus do to help him through the time?
4. How can you rely on God to get through this time too?

CLOSING PRAYER

Dear God, thank You for always being here for us, even when we are alone. We know that You are always with us. Help us rely on You during this tough time. Amen.

