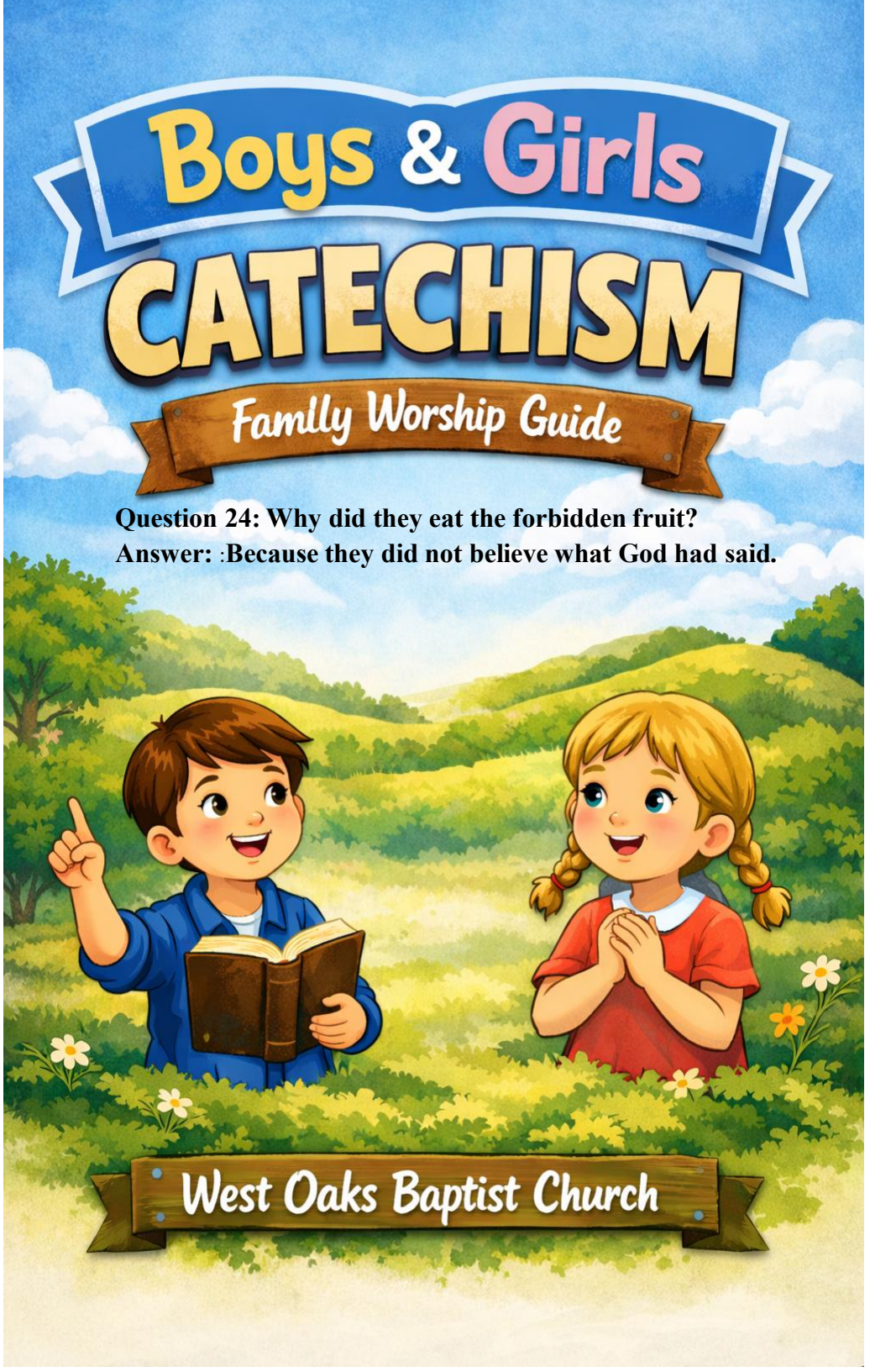
Imagination lesson: If you were to put something attractive inside a clear container labeled “DO NOT OPEN.” Talk about the difference between seeing something you want and having the right to take it.
Going deeper: What can we do between the moment we feel temptation and the moment we make a choice?

Day 5: Faith Believes God

Scripture: Hebrews 11:6 (ESV) “And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”

Why did Adam and Eve eat the forbidden fruit? At the deepest level, they did not believe God. They did not trust His warning, His wisdom, or His goodness. Hebrews tells us that pleasing God requires faith. Faith is more than believing that God exists. It means trusting that God is who He says He is and that His promises are true. Where Adam failed, Jesus perfectly trusted His Father. When Satan tempted Jesus, Jesus repeatedly answered with Scripture and remained obedient. Christ then died for sinners who have failed to trust and obey God, and He rose again so that everyone who trusts in Him may be forgiven. So when temptation comes, our answer is not merely, “I need to try harder.” We look to Christ, remember God’s Word, and ask Him to help us believe that His way is better.

Imagination lesson: Imagine or do this if you feel comfortable, Have a child stand with eyes closed and fall backward gently into a parent’s arms. Explain that trust means acting because you believe the other person is dependable.
Going deeper: How would trusting God more deeply change the way you respond to temptation this week?



Day 1: God Had Spoken

Scripture: Genesis 2:16–17 And the LORD God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

God did not leave Adam and Eve guessing about what He wanted. He spoke clearly. They had enormous freedom and they could eat from every other tree in the garden. God gave them one command not to eat from one particular tree. This reminds us that God's commands are not cruel restrictions. They come from a good God who knows what is best for us. Adam and Eve's responsibility was simple: believe God and obey what He had said. That is still true for us. Many temptations begin when we start wondering whether God really knows what is best. We may think obedience will make us miss something good. But God's commands are always wise, and His Word is always trustworthy. Faith means believing God even when another choice looks easier, more exciting, or more enjoyable.

Imagination lesson: If you were to put several pieces of candy on a table and say, "You may have any one except this one." Talk about how quickly our attention can become fixed on the one thing we were told not to take.
Going deeper: Why is trusting the goodness of the person giving a command important for obeying that command?

Day 2: "Did God Actually Say?"

Scripture: Genesis 3:1–3 (ESV) Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And the woman said to the serpent, 'We may eat of the fruit of the trees in the garden, but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."'"

Notice Satan's first attack. He did not begin by saying, "Disobey God." He began by questioning God's Word, "Did God actually say?" That question planted doubt. Satan also made God's command sound harsher than it really was. God had generously allowed Adam and Eve to eat from all the trees except one. Satan made it sound as though God were withholding everything good. Temptation often works this way doesn't it?. It makes God's commands seem unreasonable and sin seem harmless. It asks us to trust our feelings instead of God's Word. That is why knowing Scripture matters. When we know what God has actually said, we are better prepared to recognize lies.

Imagination lesson: Whisper a short sentence around the family like the "telephone game" and compare the final version with the original. Talk about why we need to know God's actual words rather than a distorted version.

Going deeper: What are some ways people today make God's commands sound harsher or less reasonable than they really are?

Day 3: Believing the Lie

Scripture: Genesis 3:4–5 (ESV) "But the serpent said to the woman, 'You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.'"

Now Satan moves from questioning God to directly contradicting Him. God had said they would die. Satan said, "You will not surely die." Adam and Eve now faced two competing words: God's Word and the serpent's word. Which one would they believe? Satan also suggested that God was keeping something good from them. In effect he was saying, "God does not really have your best interests in mind." That lie still lies underneath much of our sin. We think, "God says this is wrong, but maybe doing it will make me happier." Or, "God tells me to wait, forgive, tell the truth, or be content, but perhaps my way will work better." Every temptation asks us whom we will trust.

Imagination lesson: If you were to hold up two signs: one saying, "GOD SAID" and another saying, "I THINK." Ask which should win when our thoughts disagree with God's Word.
Going deeper: Can you think of a temptation where sin seems to promise something good that God supposedly will not give you?

Day 4: When Desire Becomes Disobedience

Scripture: Genesis 3:6 (ESV) "So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate."

The fruit looked good. It appeared useful. It promised wisdom, and Eve allowed what she saw and wanted to become more important than what God had said. Then desire became action when she took of the fruit and ate. Adam ate too. This shows us an important truth about temptation. Something does not become right merely because we want it badly. Our feelings are real, but they are not always true. God's Word must guide our desires rather than our desires rewriting God's Word. When we are tempted, it helps to stop before acting and ask: "What has God said about this?" That small pause can keep a desire from becoming disobedience.