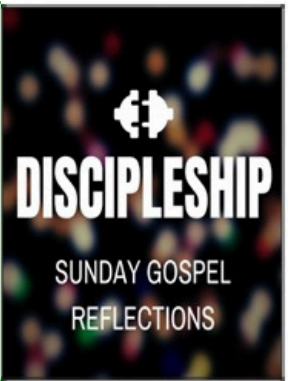


In preparation for February 22, 2026, First Sunday of Lent

Theme - When Temptation meets Truth

**“Jesus was led by the Spirit into the desert to be tempted by the devil ...
After being tempted, Jesus said to him, “Get away, Satan! It is written:
The Lord, your God, shall you worship and him alone shall you serve.”**

Verses, 1,10 Matthew 4:1-11



Adults

1. Once again, Jesus shows us that there is nothing on this earth that we will experience that he did not experience during his time on earth. Does knowing this give you the courage and power to take on the enemy just as Jesus did in the reading today? What steps are you taking in your life to strengthen you against temptation?

2. Lent is a time for reflection, an opportunity to reflect on where we are at in our lives. Who or what is feeding your life right now? Are you steadfast in your path and continuing to let God's word feed you or have you been subtly led astray by the enemy? If you have been led astray, who or what has gotten in the way?

3. Lent is a great time to be intentional about prayer, fasting, and almsgiving. How can you and/or your family make special time this Lenten season to reflect and act on these three gifts that God has given you?

Obstacles for living out the Gospel: Not making the time to reflect on our lives; forgetting to remain steadfast against the enemy.

Teens

1. As we begin Lent, we remember Jesus facing temptation in the desert—alone, tired, and hungry. Why do you think temptations often feel strongest when we are weakest, especially during a season like Lent that calls us to sacrifice and self-discipline?

2. Why do you think Satan keeps starting with “If you are the Son of God...” when he is trying to tempt Jesus? What does that say about how temptation often attacks our identity first? What are some ways today that teens are tempted to doubt who they are or their worth?

3. Each temptation offered Jesus a shortcut. What are some shortcuts teens are tempted to take in their faith, school, relationships, or life? Why do shortcuts feel easier in the moment but harder later? What are some examples you can think of?

4. Jesus responds to Satan with Scripture every time he tempts him. What does that teach us about the power of God's Word? What strategies can help you resist temptation just like Jesus did?

Obstacles to living out the Gospel: Not knowing Scriptures or our faith well enough to use it when temptation comes into your life.

Children

1. What are some common temptations in your life? What are some ways you can avoid temptation? Do you think saying a prayer or even Jesus' name in time of temptation would help you stay strong? Why or Why not?

2. What are some of your Lenten promises you will try to follow this Lent? Do you think it is more important to give something up and/or do something for Jesus during Lent?

3. Why do you think it is important to make a Lenten plan and not just wing it?

Obstacles to living out the Gospel: It is too easy to give into temptation. Power, Gluttony.