



**Ravenswood**

Youth Athletic Association

*Building Character, Families and Faith*



## Karate Lesson #3

### Avoiding Evil

#### Memory Verse:

James 4:7, 8a

Submit yourselves to God. Resist the devil, and he will flee from you. Come near to God, and he will come near to you.

#### Self-defense goals:

- Escapes

#### Bible Story

The temptation of Jesus, in Luke 4:1-13

**1** Jesus, full of the Holy Spirit, returned from the Jordan River. The Spirit led him into the desert. **2** There the devil tempted him for 40 days. Jesus ate nothing during that time. At the end of the 40 days, he was hungry. **3** The devil said to him, "If you are the Son of God, tell this stone to become bread." **4** Jesus answered, "It is written, 'Man doesn't live only on bread.'"

**5** Then the devil led Jesus up to a high place. In an instant, he showed Jesus all the kingdoms of the world. **6** He said to him, "I will give you all their authority and glory. It has been given to me, and I can give it to anyone I want to. **7** So if you worship me, it will all be yours." **8** Jesus answered, "It is written, 'Worship the Lord your God. He is the only one you should serve.'"

**9** Then the devil led Jesus to Jerusalem. He had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. **10** It is written, "'The Lord will command his angels to take good care of you. **11** They will lift you up in their hands. Then you won't trip over a stone.'" **12** Jesus answered, "Scripture says, 'Do not put the Lord your God to the test.'"

**13** When the devil finished all this tempting, he left Jesus until a better time.

#### Study Questions (for day 2 of reading)

1. What did Jesus do when he was tempted? (Resist, ask God for help, used the Bible to help him)
2. What should you do when your are tempted to do something you know is wrong. (Pray, ask an adult for help, get away.)

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