



FIRST SUNDAY OF LENT



Genesis 2:7–9; 3:1–7 • Romans 5:12–19 • Matthew 4:1–11

Family Car Talk

Instructions: Today we hear about Adam and Eve being tempted in the Garden, and Jesus being tempted in the desert. Adam and Eve choose to disobey God, but Jesus stays faithful and shows us how to follow God’s ways. Lent is a special time when we practice choosing God, even when it is hard!

As you drive home, talk about how your family can grow closer to Jesus during Lent.

- B** What could you give up or do for Jesus this Lent?
- I** When are you tempted to make a bad choice? How can you ask Jesus for help?
- A** Jesus answers temptation with Scripture. What Bible verse or prayer helps you choose what is good?

B I A MY LENTEN PROMISE

Instructions: Write or draw one thing you want to do for Jesus this Lent—praying more, helping others, or giving something up.



MY LENTEN PROMISE CONTINUED

“One does not live on bread alone, but on every word that comes forth from the mouth of God” (Matthew 4:4).

