

With an open hand

Luke 4.1-13

After his baptism, Jesus goes into the wilderness alone. Tormented by searing heat and plagued by hunger and thirst, he is prey to temptation. Luke describes three particular trials.

Now read **Luke 4.1-13** see p.2 for text.

A note on the passage

What will Jesus do: seize power for himself or worship God and serve humanity? His decision is to serve. How will that inspire us as we face the challenges of everyday living?



You see the image, but not what is making it 'behind the scenes'; what is the 'bigger story' within your life?



BAKE

Make some rock cakes as a reminder of the stony desert.

You will need: 250g self-raising flour; 65g butter; 70g sugar; 1 egg; 3tbs milk; 100g currants; mixing bowl, spoon, greased baking tray, cooling rack, oven gloves.

Mix the butter into the flour until you have something that looks like breadcrumbs (to make brown rocks, substitute 50g of cocoa powder for 50g of the flour). Mix in the sugar and currants, then the egg and enough milk to make a stiff mixture. Put spoonfuls of the mixture onto greased baking sheets and bake at 190C/375F/Gas 5 for about 15 minutes. When they are cool, be generous, offer the cakes around or give some as a present.

OBSERVE



Choose a place to watch every day. You could just look out of a window, or stop and look at a place on the way to school or work. Spot changes each day. Maybe take a photo. What do you learn? What bigger picture is revealed?

Pray



Gather a couple of trowels full of earth from outside. Line an oven tray with foil, put the earth on it and dry it in a warm oven until it is just dust. Remove the tray from the oven and leave until it is quite cold. Then feel the dusty earth, pick up a handful and let it run through your fingers; feel it dry on your skin. Read or listen to these words: God says, 'I will protect you. When you call, I will answer. I will command the angels to guard you in all your ways.'

LENT BOWL

Mix 50g flour with 100ml water to create papier mâché paste. Cover a 12cm diameter bowl with cling film, turn the bowl upside down. Cover it with strips of paper from old newspapers or magazines soaked in the paste, until the outside of the bowl is completely covered. Leave to dry out in a warm room (store left-over paste in a lidded plastic box in the fridge). Meanwhile, make about eight open hands by drawing round hands onto strong paper and cutting them out. When the papier mâché is dry, add a final layer to the sides of your bowl by pasting on the prepared hand shapes – with palms at the bottom and the fingers protruding above the rim. When it is all dry and hard, slide out the original bowl, leaving the papier mâché open-hand bowl.

Hands-on Lent



Having made a Hands-on Lent bowl (above), why not fill the bowl during Lent, adding something to it each week so that when Easter comes, you have a bowl full of things to share with others! You could decide together what you could put in the bowl, or use the weekly suggestions which link in with the Gospel story. So, for week 1, you could start by adding some chocolate – perhaps you have given this up for Lent? Can you resist the temptation to have some and keep it for sharing on Easter Day? Keep the bowl in a place where you can all see it, so you remember to keep filling it!

Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

After his baptism, Jesus left the River Jordan, and the Holy Spirit led him into the wilderness. He stayed there for 40 days and nights. For those 40 days and nights the devil appeared to him and tempted him. For those 40 days and nights Jesus did not eat, and he was very, very hungry. So the devil tried to tempt him for a first time, saying, 'If you really are God's Son, then turn this stone into a loaf of bread.' But Jesus refused and replied, 'It isn't only bread that a person needs to live.'

The devil tried to tempt him for a second time. He took Jesus to a place where they could see all the kingdoms of the world and said, 'Worship me and all this can be yours.' Jesus refused and said, 'Worship the Lord your God and serve only him.'

The devil tried to tempt Jesus for a third time.

He took him to Jerusalem, to the very top of the Temple, and said, 'If you really are God's Son, then jump – throw yourself down from here. It is written in the Scriptures that God's angels will protect you; they will catch you;



they won't even let you hit your foot on a rock.' Yet again Jesus refused, replying, 'Do not put the Lord your God to the test!'

The tempting was over, so the devil left Jesus. But only for a while – he was just waiting for another opportunity.

Luke 4.1-13

Did you know?

- The devil is a personification of evil; one who tempts us or lies and tricks us to do wrong.
- The words that Jesus uses in this passage come from the Old Testament – the first part of the Bible. Jesus would have known these stories very well.

Luke 4.1-13 (NRSV)

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, 'One does not live by bread alone.'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then,

will worship me, it will all be yours.' Jesus answered him, 'It is written, 'Worship the Lord your God, and serve only him.' Then the devil took him to Jerusalem, and placed him on the pinnacle of the Temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you', and 'On their hands they will bear you up, so that you will not dash your foot against a stone.' Jesus answered him, 'It is said, 'Do not put the Lord your God to the test.' When the devil had finished every test, he departed from him until an opportune time.