

Daily Bible Readings:

These readings are related to the Lectionary readings for this Sunday. Try to take time each day to read the assigned Bible passage.

Sunday	Matthew 4:1-11	The temptation of Jesus
Monday	Deuteronomy 8:1-9	We do not live on bread alone
Tuesday	Deuteronomy 6:13-19	Do not test the Lord
Wednesday	1 Corinthians 10:1-13	Warnings about temptation
Thursday	Galatians 6:1-10	Watch yourself!
Friday	Hebrews 4:14 – 5:9	Christ was tempted as we are
Saturday	Psalms 38	Confessing our sin
Sunday	John 3:1-17	For God so loved the world

Daily Bible Readings:

These readings are related to the Lectionary readings for this Sunday. Try to take time each day to read the assigned Bible passage.

Sunday	Matthew 4:1-11	The temptation of Jesus
Monday	Deuteronomy 8:1-9	We do not live on bread alone
Tuesday	Deuteronomy 6:13-19	Do not test the Lord
Wednesday	1 Corinthians 10:1-13	Warnings about temptation
Thursday	Galatians 6:1-10	Watch yourself!
Friday	Hebrews 4:14 – 5:9	Christ was tempted as we are
Saturday	Psalms 38	Confessing our sin
Sunday	John 3:1-17	For God so loved the world

Scripture Verse for this Week:

Jesus answered, "It is written: 'People do not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4 (TNIV)

- Cut out & carry with you.
- Say at each mealtime.
- Read at bedtime.
- Commit to memory.

Prayer for the week:

"Lord Jesus, preserve me in the hour of my temptation. Give me strength and courage through your words. Amen." (Matthew 4:1-11).

For Throughout the Day:

"Lord God, give me a hunger for your Word, the Bread of Life. Amen." (Matthew 4:4)

Mealtime Refrain:

"No one can live only on food: We need every word that God has spoken." (Matthew 4:4)

A Blessing to Share:

"May the Lord be your safe place. May he protect you from trouble and surround you with his unfailing love." (Psalm 32:7,10)

Mealtime Prayer:

"Loving God, as we enjoy our daily bread, give us hearts that hunger for the Bread of Life. Make us strong in body to do your work, and strong in spirit to fight off evil. Amen."



Scripture Verse for this Week:

Jesus answered, "It is written: 'People do not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4 (TNIV)

- Cut out & carry with you.
- Say at each mealtime.
- Read at bedtime.
- Commit to memory.

Prayer for the week:

"Lord Jesus, preserve me in the hour of my temptation. Give me strength and courage through your words. Amen." (Matthew 4:1-11).

For Throughout the Day:

"Lord God, give me a hunger for your Word, the Bread of Life. Amen." (Matthew 4:4)

Mealtime Refrain:

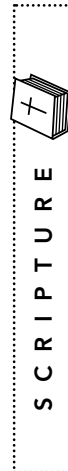
"No one can live only on food: We need every word that God has spoken." (Matthew 4:4)

A Blessing to Share:

"May the Lord be your safe place. May he protect you from trouble and surround you with his unfailing love." (Psalm 32:7,10)

Mealtime Prayer:

"Loving God, as we enjoy our daily bread, give us hearts that hunger for the Bread of Life. Make us strong in body to do your work, and strong in spirit to fight off evil. Amen."



Faith Talk:

Discuss in your household or small group:

- Share about a time when you felt tempted in some way.
- How was Jesus tempted by the Devil in the desert?
- What can we do as Christians to help resist temptation? What can we learn from Jesus' responses?

Devotional Practices:

Jesus says that our life depends not only on eating food but on every word that God speaks. This week, connect God's word with your bodily eating by beginning each meal with a short Bible reading. Ask family members to choose a favourite bible verse to be read on a particular day of the week. If possible, display these verses on placecards for all members of the family to see.

Rituals and Traditions:

Make up a "wilderness box" as a feature for your mealtable or family devotional area this week. Line the inside of a shoebox with plastic. Fill most of the box with soil and then put a layer of sand over the top. Place some stones and dead twigs into the sand. Then tie together two small bare branches in the shape of a cross and place this in the middle of the box. When you gather together say this prayer:

"Lord Jesus, when you were tempted in the wilderness you did not give in. Please help us to be strong when we are tempted. Thank you for going all the way to the cross for us. Amen."

Service:

Genesis 2:15 says that God put Adam in the Garden of Eden to "work it and take care of it". Volunteer some time as a family to assist a neighbour with their gardening or outside cleaning, or to help maintain your church grounds.

From Martin Luther's Small Catechism

The Sixth Petition of the Lord's Prayer:

"And lead us not into temptation" What does this mean?

God tempts no one to sin, but we ask in this prayer that God would watch over us and keep us so that the devil, the world, and our sinful self may not deceive us and draw us into false belief, despair, and other great and shameful sins. And we pray that even though we are so tempted, we may still win the final victory.

Faith Talk:

Discuss in your household or small group:

- Share about a time when you felt tempted in some way.
- How was Jesus tempted by the Devil in the desert?
- What can we do as Christians to help resist temptation? What can we learn from Jesus' responses?

Devotional Practices:

Jesus says that our life depends not only on eating food but on every word that God speaks. This week, connect God's word with your bodily eating by beginning each meal with a short Bible reading. Ask family members to choose a favourite bible verse to be read on a particular day of the week. If possible, display these verses on placecards for all members of the family to see.

Rituals and Traditions:

Make up a "wilderness box" as a feature for your mealtable or family devotional area this week. Line the inside of a shoebox with plastic. Fill most of the box with soil and then put a layer of sand over the top. Place some stones and dead twigs into the sand. Then tie together two small bare branches in the shape of a cross and place this in the middle of the box. When you gather together say this prayer:

"Lord Jesus, when you were tempted in the wilderness you did not give in. Please help us to be strong when we are tempted. Thank you for going all the way to the cross for us. Amen."

Service:

Genesis 2:15 says that God put Adam in the Garden of Eden to "work it and take care of it". Volunteer some time as a family to assist a neighbour with their gardening or outside cleaning, or to help maintain your church grounds.

From Martin Luther's Small Catechism

The Sixth Petition of the Lord's Prayer:

"And lead us not into temptation" What does this mean?

God tempts no one to sin, but we ask in this prayer that God would watch over us and keep us so that the devil, the world, and our sinful self may not deceive us and draw us into false belief, despair, and other great and shameful sins. And we pray that even though we are so tempted, we may still win the final victory.