

# Temptation Tag

Play a version of freeze tag. Select one person to be "IT". That person must close his or her eyes and wander around in the circle trying to tag the other people. If a person is tagged, he or she must freeze in place until "IT" tags them again.



**In our game, if you were "IT", you probably felt tempted to peek in order to help you tag others. If you were tagged, you were probably tempted not to freeze since "IT" had his eyes closed anyways.**

**We are often more tempted to sin when we think we can get away with it. If we think no one will catch us, we often feel at ease choosing to sin. In those moments of temptation, we can remember that Jesus was tempted and never sinned. He died for our sin so we could be forgiven and made new. God views us as righteous.**

**Then, when we feel tempted, we can pray to Him for help overcoming temptation. If we trust in His perfect sacrifice to save us from sin, we have the Holy Spirit. He will help us overcome temptation.**