

Temptation Toss

Materials

- ☐ Balled up sheets of paper or foam balls, at least one per student
- ☐ Masking tape
- ☐ Timer
- ☐ Optional: marker to write sins

Instructions

Use tape to create a dividing line in the center of the room. Divide class into teams and have them stand on opposite sides of the room. Give each student a foam ball or crumpled up paper. For a small class or more of a challenge, add extra balls or papers equally to the floor of each team.

Explain that the balls represent temptations to sin, such as lying, disobeying, stealing, etc. If desired, you may write examples of sins on the foam or papers, or have students write them. Teams will be trying to throw their “temptations” onto the other side of the room. But, the other team will be doing the same thing!

When you say “Go,” both teams will throw balls from their side to the other team’s side. When you say “Stop” (after about 30 seconds), students must freeze while you count the balls on each side. The team with the fewest number of balls on their side wins. Play several rounds or switch up the teams as time allows.

Suggested Discussion

Being a man after God’s own heart didn’t keep David from falling into sin. The same is true of us today. Even those of us who are God’s children, who love and have faith in Jesus, will be tempted to sin. When these temptations come, we must rely on God and his Word to help us throw them away.

David had a choice to follow God and obey his commands or to do his own thing and give in to his own sinful desires. He chose to give in and let sin take over. God will help us recognize temptation and make the right choice to get rid of it as fast as possible!