

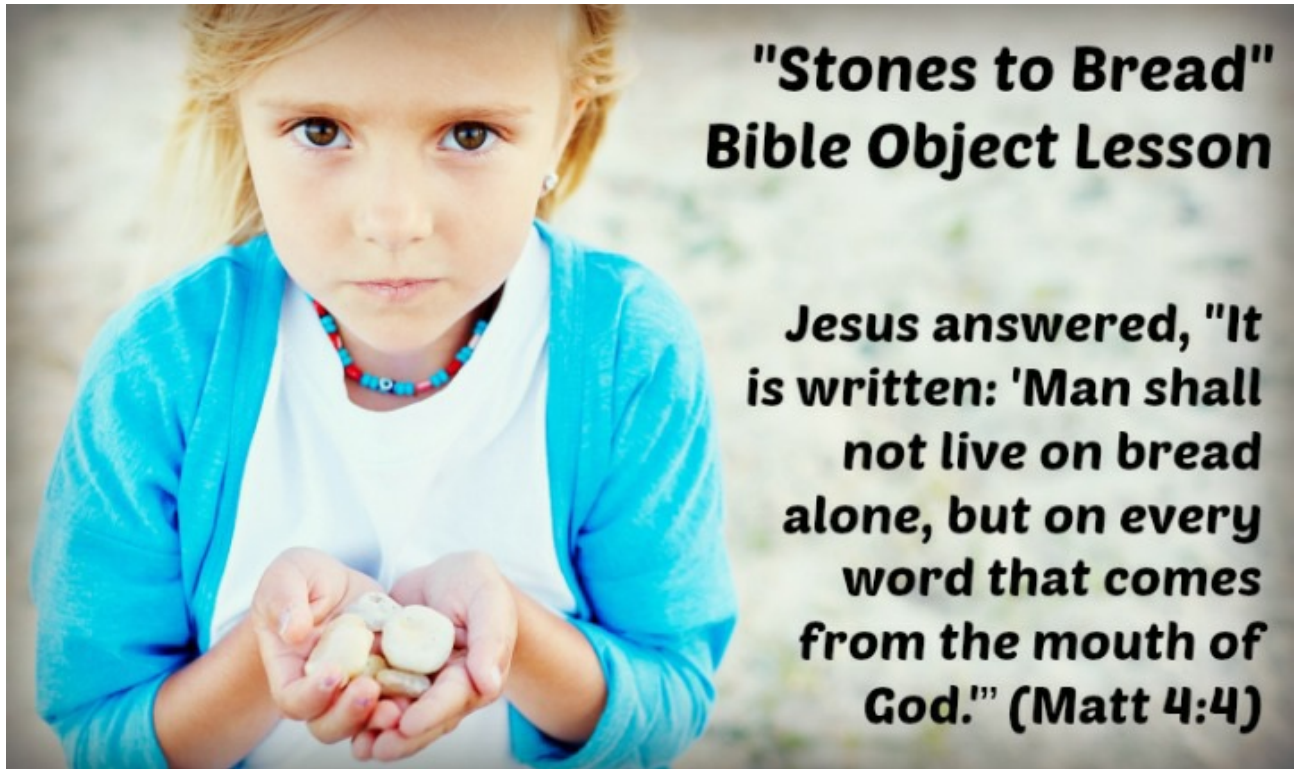
# Stones to Bread Object Lesson (Matthew 4:3-4) Spiritual Food

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There are times when a person needs natural food and times when a person needs spiritual food. Sometimes we aren't sure about the difference. For example, have you ever eaten a bag of chips not because you were hungry but just because it comforted you. That's called "comfort food." That's not really healthy but a lot of us do it. Me included! Today, I want to tell you an amazing story about Jesus and how he was once tempted to turn stones to bread. Can you imagine rocks being comfort food? That's even less healthy than the potato chips! Let's read these two verses. Turn to Matthew 4:3-4.

Before we read, let me set this up for you. Jesus decided to go on a fast. He was just starting his ministry and he knew that fasting made you spiritually strong. While he was on his fast, he went out into the wilderness, I imagine so he could focus on God and His Kingdom. That's when the enemy came to him. He must have known Jesus was hungry on this camping trip because here's what he said:

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."  
(Matthew 4:3)

Just imagine that you're Jesus. It's been days since you've eaten anything. You've been praying, that's talking to God so you feel okay but your stomach is rumbling. All of a sudden, the enemy shows up with some rocks. Now that's just mean, isn't it? He knows Jesus is hungry so he tempts him to do something magical. In other parts of the bible, we read where Jesus feeds 5000 people. We can see that he has the power to make food appear but he never takes something that's bad for you and makes it into something good. Never. He changes some water into wine but water isn't bad for you. Now here's what Jesus said to that enemy:

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

In other words, I have spiritual food. I am dining on God's word and I don't need your old rocks. I don't have to prove anything to you, enemy. The bible says that the enemy went away after a few more temptations and left him alone for a season. Then I'm sure Jesus left his camping in the wilderness and went in search of food.

You see this big rock I have? This is probably very much like the enemy tried to tempt Jesus with. Whenever you see a rock like this I want you to remember Jesus' words, "Man shall not live on bread alone but on every word that comes from the mouth of God." Remember God's words, kids. Feed your spirit daily!

Read more from Mimi by following her blog at [Tools for Kids Church](#).

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