

LESSON 66

Putting Off the Old Self

EPHESIANS 4:22—5:2



BIBLE TRUTH

CHRISTIANS SHOULD IMITATE CHRIST IN ALL THEY DO

LESSON SNAPSHOT

1. OPENING ACTIVITY AND INTRODUCTION 5 MIN

2. BIBLE STORY 10 MIN

SUPPLIES: *The Gospel Story Bible* (story 144)

3. BIBLE STORY DISCUSSION 5 MIN

Where Is the Gospel?

SUPPLIES: Bible (ESV preferred); Review “Where Is the Gospel?” to prepare

4. SNACK QUESTIONS 10 MIN

SUPPLIES: snack food and beverage

5. SWORD BIBLE MEMORY 5–10 MIN

6. ACTIVITIES AND OBJECT LESSONS (CHOOSE ONE OR MORE) 20–30 MIN

Coloring Activity

SUPPLIES: coloring page for NT Lesson 66—one for each child; markers or crayons

If the Glove Fits

SUPPLIES: two pairs of gloves: one old, tattered dirty pair of work gloves with one finger cut off and one newer pair of white or gardening gloves

Be Imitators of God

7. CLOSING PRAYER 5 MIN

TOTAL 60–75 MIN

THE LESSON

OPENING ACTIVITY AND INTRODUCTION 5 MIN

In today’s lesson the children will learn how those who follow Jesus should put off sin and be imitators of God.

Tell the children that before Jesus changes us we are all sinners. (Have the children make fists and shake them up to heaven and at each other and tell them this is the motion to show they are sinners.)

Read Ephesians 5:2 and explain that Jesus died on the cross to take our sin upon himself and that is how we can be forgiven. When Jesus touches us and gives us the Holy Spirit, we are changed and have a new desire to follow Jesus. (Have the children lift their hands in worship and shake hands with each other. Tell them this is the motion to show that Jesus changes us.)

Now, have the children stand around the room. Tell them that you are going to have them do the angry sinner motion to show they are sinners. Then, after you tell a short story about the sacrifice of Jesus, you will go around and touch them. Whoever is touched should stop shaking their fist and do the motions to show how Jesus changes us. Go ahead and do this a couple of times to help the children see how when Jesus touches our lives we are changed.

Go on to explain how even after we are changed by the Holy Spirit we need to choose to follow Jesus and not sin. Paul encouraged the Ephesians to turn away from their sin and turn to right behavior because of what Jesus did.

Tell the class that today we are going to learn about how we need to follow Jesus with the help of the Holy Spirit.

Take time to pray and thank God for the example of Jesus and the power of the Holy Spirit. Pray for the remainder of the class time before moving forward with the lesson.

BIBLE STORY 10 MIN

Read story 144, “Putting Off the Old Self,” from *The Gospel Story Bible*.

BIBLE STORY DISCUSSION 5 MIN

After reading the story, use the following questions to involve the children in a discussion:

- **What does it mean to put off your old self?**
(Your old self does what it wants, not what God wants. When we put off our sinful lives we are committing to follow God and what the Bible teaches us.)

- **What are some of the examples of putting off the old self Paul gives in today's story?**
(We should not lie but speak the truth, not be angry but kind and forgiving, not steal but engage in hard work, etc.)

- **What does the new self look like?**
(The new self is created to look like God; not to be God, but to reflect his character.)

SNACK QUESTIONS 10 MIN

While the children are eating the snack, engage them by asking the following questions:

- **What has God done for us to show us his love?**
(The children may say that he has given us our family, or toys or other temporal items. Keep asking them, "What did he give that is greater than that?" until they mention Christ and his sacrifice.)

Where Is the Gospel? _____

How does today's Bible story fit into God's greater plan of redemption?

Even though Paul challenged the Ephesians to put off their old selves and live holy lives, he never forgot the gospel of grace. Paul continually reminded the Ephesians that they are following Christ's obedience, not striking out on their own path. Notice that in Ephesians 5:2, Paul reiterates that Christ willingly gave up his life. The men who crucified Jesus did not force death upon him. Jesus could have called down angels in his defense. Instead, he died willingly that we might all be saved.

■ **Why does Jesus' sacrifice on the cross show us God's love?**

(Jesus died for us while we were still enemies of God determined to go our own sinful way. He didn't have to die for us, but he freely did, even though we did not deserve it.)

■ **Why should Jesus' love help us to love others?**

(Jesus not only died on the cross as an expression of love, but he took the penalty for our sin upon himself. Those who believe in him are forgiven and given the power by God to live righteous lives. Those who live for Jesus can do good things because of what Jesus has done for them. This special power to not sin is given to us as a free gift that we do not deserve and it is God's grace to us.)

SWORD BIBLE MEMORY 5-10 MIN

Take time during the class to review the SWORD Bible Memory verses with the class. Provide the opportunity for each child to recite the verses to an adult.

ACTIVITIES AND OBJECT LESSONS 20-30 MIN

Coloring Activity

SUPPLIES:

- ✓ coloring page for NT Lesson 66—one for each child
- ✓ markers or crayons

While the children are coloring, engage them by asking the following questions:

■ **Which of the men in the story is the "old self" and which is the "new self?"**

(The old self is the one with the gold and old rags for clothes.)

■ **How is the old self trying to tempt the new self away from Jesus?**

(The old self is trying to tempt the new self with money.)

■ **What is the new self saying to the old self?**

(The new self is saying "no way," pushing away the old self because he wants to follow God.)

If the Glove Fits

SUPPLIES:

- ✓ two pairs of gloves: one old, tattered, dirty pair of work gloves with one finger cut off and one newer pair of white or gardening gloves

Act out an impromptu skit where you pretend to work with your old work gloves. Have a second helper or teacher happen by and greet you. The second teacher brings you a brand new pair of gloves because he noticed your old, worn pair.

You act surprised and you try to put the new gloves on over the old gloves, which obviously won't work. When your friend explains that you have to first take off your old gloves, you object and say, "Why, I like these old gloves. I'm used to them. They feel comfortable now." The second teacher should engage the class and ask them what they think.

Finally, act convinced and take off the old gloves. Once you do, the second teacher should then encourage you to throw the old gloves away, which you eventually do after further protest.

Read Ephesians 4:22–24 and ask the following questions to help the children relate the glove skit to today's Scripture:

- **What do the old gloves represent?**
(our lives before Jesus saves us)
- **What do the new gloves represent?**
(our new lives changed by God)
- **Why do you think God asks us to put off our old sinful lives?**
(God wants us to follow him, and he is perfect and holy. We can't do that in our own strength, but we can do that with the help of the Spirit of God when he changes our hearts.)

Be Imitators of God

Read Ephesians 5:1–2, explaining to the children that God wants us to imitate him.

Ask the children to name some things about God that we should try to imitate. They might say things like God is kind or gentle or loving. But they might also say things like God is all-powerful.

Explain to them that we should not try to imitate God's power, but his character. Come up with some motions for the list in Ephesians 4:25–32 and have the children do the motions as you randomly call them out. Some motions might include:

- Do not let the sun go down on your anger. (Turn a frown to a smile.)
- Speak truth to your neighbor. (Silently move their mouths, pretending to talk.)
- Let the thief turn from stealing to working. (Pretend to shovel.)
- Share with those in need. (Pull a pretend coin out of a pocket and pretend to hand it to someone.)

Be sure to share that we can only be imitators of God with his help. That help is made available to us by the Holy Spirit when God changes our hearts. Jesus died on the cross so that we could be freed from our old sinful lives. When we trust in him, we are forgiven and can live a new life following God's example.

CLOSING PRAYER **5 MIN**

Take time at the end of class to thank God for what you learned today. Include parts of your Bible lesson in your prayer as a way for the children to remember today's lesson.

LESSON 66 - PUTTING OFF THE OLD SELF

