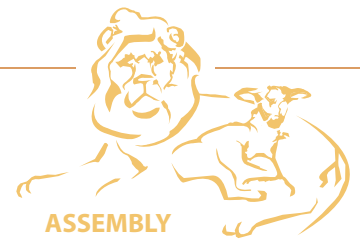


PUTTING OFF THE OLD SELF

SCRIPTURE REFERENCE: EPHESIANS 4:22-5:2



The following are some ideas for creative ways that you can present this material.

LESSON IDEAS

IF THE GLOVE FITS

Supplies

- two pairs of gloves—an 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 are pretending to work with your old work gloves. Have a second teacher happen by and greet you. The second teacher brings you a brand new set of gloves because he had noticed your ugly old 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 saying how comfortable they are.

Share comments like, "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 a bit more of a struggle.

Read Ephesians 5:22-24 and ask the following questions to help the children relate the scripture with your glove skit.

- 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.)

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BE IMITATORS OF GOD

Read Ephesians 5:1-2 explaining to the children that God would have us be imitators of God. Ask them to name some of the 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 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 like they are talking
- Let the thief turn from stealing to labor – Pretend to shovel
- Share with those in need – Pull a pretend coin out of their pockets and motion to give it away

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.



PUTTING OFF THE OLD SELF

SCRIPTURE REFERENCE: EPHESIANS 4:22-5:2

WHERE IS the Gospel?

Please use the following comments connecting today's lesson to the Gospel to help inform your understanding and serve you by aiding your preparation for class. Remember, we want to do more than present disconnected Bible stories and lessons to our young children. We want them to understand how each story in the Bible plays a part in God's greater plan of redemption.

In Ephesians 5:1-2 Paul gives us the motivation for living a changed life. He tells us to "walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God."

We are called to put away anger, jealousy, bitterness, stealing and a host of other sins because of what Jesus has done. While we were yet sinners and enemies of God, Jesus died for us! What an example to us of how to love others. What is more, Jesus didn't just die for sinners in general; he died specifically for me and for you! On top of that, His sacrifice to offer Himself up for the payment of our sins was accepted by God and is sufficient to take away all our sins. So, our motive for doing good is based most importantly on what Jesus did for us.

