

LESSON OVERVIEW

Big Idea: We need to put on our new nature

Key Question: How do we put on our new nature?

Memory Verse: *Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.* **Ephesians 4:23-24**

Overview: We're continuing in our series about habits. Habits are the behaviors that we do over and over again. We do them so much, we don't even realize that we're doing them. Last week, we learned that we all have habits, both good and bad. The good habits are the things that help us and make our parents and God proud. The bad habits are the things that aren't good for us and they make God and our parents sad. The key is to identify what our habits are, keep the good ones, and get rid of the bad ones. Here's why. Our habits shape who we are, how we act, and what we care about. Today, we're going to talk about how God helps us to deal with our habits. God has done some very important things to help us. First, he sent Jesus to fix our sin problem. Sin shapes the bad habits in us. But, because of Jesus, we can say, "No" to sin. But, guess what else God did for us? When we put our trust in Jesus, the Holy Spirit comes and lives in our hearts and he helps us to live to honor God. But, that's not all! God also gives us a new nature, too. That means, when we become a Christian, we are like a new person. Instead of going our own way, we can go God's way and live for him. We can choose the good habits and leave the bad habits behind. We can act more like Jesus!

CLASSROOM AGENDA

5 min **PLAY:** Begin working on Activity Page #1.

5 min **WARM UP:** Make a list of things that are really stinky. Why don't we like stinky things?

5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)

20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.

5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.

5 min **EXPLORE:** Read [Galatians 5:22-23](#). List all of the fruits of the Spirit. Which ones do you need to work on most?

10 min **PLAY:** Do the group activity from Activity Page #2.

5 min **CLOSE:**

- Share something you learned today.
- Share prayer requests and pray as a class.

TEACHER TIPS

2nd-5th puzzle answers: **Across:** 4. Gentle **Down:** 1. Self control 2. Love 3. Peace

Allow each kid to share. None of us like to be around stinky things. Things that stink are rotten and gross. Our thoughts can work the same way. We can think stuff that is bad for us. We need to throw stinky thoughts away like we would rotten food.

Answer: By listening to the Holy Spirit and obeying what the Bible says.

God has done so much to help us but he can't make us do anything. We have some important choices to make that will determine who we become. We have to choose to trust in Jesus and what he did for us on the cross. We have to listen and follow where the Holy Spirit tells us to go. And, we need to read the Bible and obey what it says.

Bonus Questions: How does the Holy Spirit help us? What are some things the Bible tells us to do?

4-5th: What happens if we just know God's word but don't live God's word?

The fruits of the Spirit are: love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self control. These are the qualities that God wants us to have. They represent our new nature. As we follow God, these "fruits" will grow in our lives and will help to shape the good habits. **(Have kids take turns sharing which ones they need to produce more of in their lives with God's help)**

Allow kids to share. Encourage them to be specific.

ACTIVITY PAGE #2

Classroom Activities 2nd-5th

Option #1

Memory Verse Game

- Divide the class into teams of 4.
- Give each team a set of memory verse words (**page 5**).
- When you say, "Go!" have teams race to get their words in the correct order to say the memory verse.

Supplies needed

- Memory verse template (pg 5), pre cut, 1 set for each team

Bonus Activity:

Play **True or False**.

See who's the fastest to answer correctly.

1. Habits are hard to break. (T)
2. God doesn't help us with our habits. (F)
3. God gives us a new nature. (T)

Option #2

Fruit of the Spirit Necklace

- Give each kid a baggie of fruit loops.
- Give each kid a necklace template (**page 6**).
- Give each kid a piece of twine.
- Using the hole punch, help kids make a hole at the top of the necklace template.
- Then, have kids put half their fruit loops on the twine and then have them add the necklace template. Have them finish with adding the rest of the fruit loops.
- Then help the kids tie their necklace around their neck.
- As the kids work, read Galatians 5:22-23 to the class again and remind them of the fruits of the Spirit.

Supplies needed

- Fruit loops
- Snack baggies
- Necklace template (pg 6), pre cut, 1 per kid
- Hole punch
- Twine cut into 30 in pieces, 1 per kid

Bonus Activity:

Play **Fast Facts**.

See who's the quickest to answer correctly.

1. Habits are hard to ___ (break)
2. The way we ___ (think) shapes our habits.
3. God gives us a new ___ (nature).

STOP YOUR STINKIN THINKIN

LESSON #2

FAMILY GUIDE

[Online @ pursueGOD.org/kids](http://Online@pursueGOD.org/kids)

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. Stop your _____.
2. Think like a _____ person.
3. _____ on your new nature.

2 Talk about it

Answer these questions together as a family.

1. Make a list of things that are really stinky. Why don't we like stinky things?
2. What are some examples of stinky thinking?
3. How does God help us to act like a new person?
4. What do we need to do to live the way God wants us to live?
5. Read [Galatians 5:22-23](#). List all of the fruits of the Spirit. Which ones do you need to work on most?

3 Live it out

Memorize this week's Bible verse:

"Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy."

Ephesians 4:23-24

Bonus: Read these additional passages as a family this week

- Read [Titus 2:12](#). What are some things that don't honor God? What are some things that do honor God?
- Read [Psalm 119:11](#). What is God's word? Why should we read the Bible?
- Read [2 Corinthians 5:17](#). When we accept Jesus into our hearts, what happens to us?

Parent Signature _____



PUZZLE #1

Fruit of the Spirit Word Search

Y L O V E G E N T L E N E S S
 H G S S E N L U F H T I A F S
 T O N R A E L P A T I E N C E
 L O N G S U F F E R I N G Y N
 A D T I R I P S I C J U L W K
 E N S S E F N O C U A O R O E
 H E S S E N D N I K H E Y F E
 S S F Q H H O N E S T T P R M
 V S O W T R U S T W O R T H Y
 E K I L T S I R H C G I F T S



CHRISTLIKE
 CONFESS
 FAITHFULNESS
 FRUIT
 GENTLENESS
 GIFTS
 GOODNESS
 HEALTHY
 HOLY
 HONEST



JOY
 KINDNESS
 LEARN
 LONGSUFFERING
 LOVE
 MEEKNESS
 PATIENCE
 PEACE
 SPIRIT
 TRUSTWORTHY



BIG IDEA

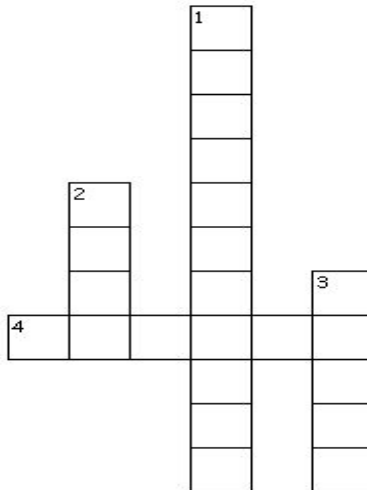
KEY QUESTION

MEMORY VERSE

"Instead, let the Spirit _____ your thoughts and _____. Put on your _____ nature, created to be like God—_____ righteous and holy.

Ephesians 4:_____ - _____

PUZZLE #2



HINT: Think fruits of the Spirit

Across:

4. Careful with someone or something

Down:

- 1. Opposite of out of control
- 2. An emotion you feel when you care for someone
- 3. Get along with others

LET

SPIRIT

YOUR

AND

PUT ON

NEW

CREATED

LIKE GOD

AND HOLY

THE

RENEW

THOUGHTS

ATTITUDES

YOUR

NATURE

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TRULY
RIGHTEOUS

EPHESIANS

4:23-24

FRUITS OF THE SPIRIT
 LOVE JOY PEACE
 PATIENCE
 KINDNESS
 GOODNESS
 GENTLENESS
 FAITHFULNESS
 SELF CONTROL

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