LESSON 12: GET DRESSED!

- COUNTDOWN VIDEO
- WELCOME AND PRAYER
- OPENING VIDEO TRANSMISSION
- MEMORY VERSE
- GAME TIME
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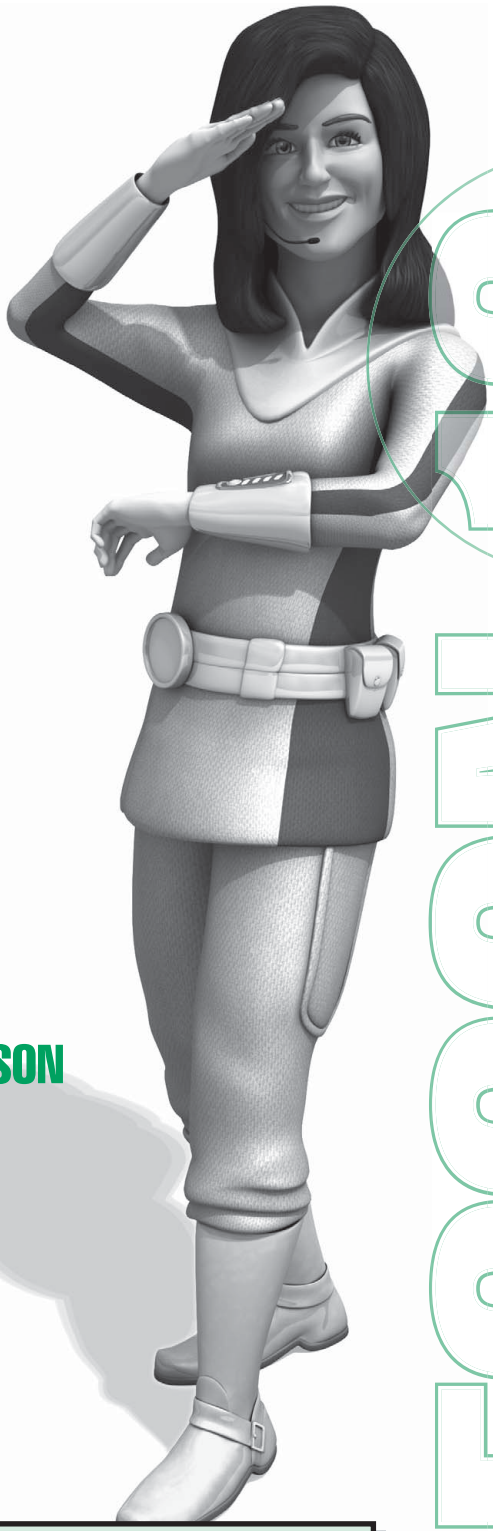
- CLOSING VIDEO TRANSMISSION
- PRAYER, ANNOUNCEMENTS, HANDOUTS
- GAME REPRISE (IF TIME ALLOWS)



LESSON 12

Memory Verse: "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."
Colossians 3:12

GAME TIME TRASH BASH

Time Required: 10-15 minutes

Memory Verse: "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."
Colossians 3:12

Supplies: ☐ 1 Roll of masking tape, ☐ 1 Large trash bag full of wadded-up paper balls, ☐ A stopwatch or timer, ☐ Upbeat music to play during the game

Prior to Game:

- Tape a large "box" shape on the floor.
- Create a "box" shape that's large enough for four to six kids to move around inside.
- Empty the trash bag full of paper balls outside the "box."
- Choose two teams with four to six players on each team.
- Position team 1 inside the "box" and team 2 outside the "box."

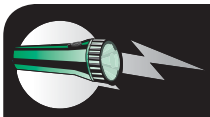
Game Instructions:

- When the timer starts, team 2 will throw the paper balls into the "box" as fast as they can, while team 1 throws the paper balls back out.
- The teams are not allowed to cross the tape lines or have contact with the opposing team at any time during the game.
- Allow the "Trash Bash" to last for about 30 seconds.
- Count the paper balls inside the "box" and allow the teams to trade places and repeat the game.
- The team with the least amount of paper balls in the "box" wins!

Final Word:

Cadets, be sure and keep the trash out of your life. Don't let someone else dirty up your "house!" After all, doesn't God live there?"

Notes: _____



DRAMA FLESH GUY VS. SPIRIT GUY

Concept: A spiritual battle occurring between "Flesh Guy" and "Spirit Guy," as Toby, a Christian kid, tries to make everyday choices.

Character Description:
Toby: a Christian kid
Flesh Guy: prideful, big mouth
Spirit Guy: Christlike attitude, superhero voice
Mom: backstage voice

Costumes:
Toby: pajama pants and T-shirt, messy "bed" hair
Flesh Guy: wrinkled, dirty T-shirt that says "Flesh Guy"; messy hair
Spirit Guy: nice, clean T-shirt that says "Spirit Guy"; neat hair

Supplies: ☐ Pillow and blanket (to make a bed for Toby), ☐ Bible, ☐ CDs, ☐ Bowl of oatmeal, ☐ Comic book
Room items like: (a few samples below)
☐ Lamp, ☐ Nightstand, ☐ Chair, ☐ Backpack, ☐ Toys, ☐ Clothes on the floor, etc.

Notes:

(Begin the scene with Toby asleep in his bed, Flesh Guy is off to the side asleep and snoring, Spirit Guy is reading his Bible, Mom calls from another room.)

MOM:
Toby, time to wake up!

(Toby makes a noise, and puts a pillow over his head, Flesh Guy whines.)

FLESH GUY:
That's it, Toby, don't move. I'm still tired.

SPIRIT GUY:
But Toby, remember, the joy of the Lord is your strength! How about some praise-and-worship music to get going?

TOBY:
That's a good idea. I've wanted to listen to my Superkid CD again.

(Toby gets up and begins looking through his CDs.)

FLESH GUY:
You just had to open your big mouth, didn't you? Thanks to you, I just missed out on 15 more minutes of sleep. Come to think of it, you did that yesterday too. I've about had it with you, Spirit Guy!

SPIRIT GUY:
Don't be angry, Flesh Guy. I promise, if you'll just listen to me…

FLESH GUY:
If I just listen to you, I'll never sleep again! (puts fists up) Come on, put 'em up.

(Spirit Guy shakes his head at Flesh Guy, then goes and directs Toby towards a pile of stuff, Toby looks there and finds his CD.)

TOBY:
Oh, there it is. Thanks, Lord!

SPIRIT GUY:
(smiles and gives a "thumbs up")
Way to be thankful, Toby, ol' buddy!

FLESH GUY:
(makes a gesture with his finger like he's gagging himself)
Yeah, yeah. Big deal. He found a CD. Yippee.
Can we get some food sometime this year? I'm starving.

TOBY:
Wow, I'm hungry. (yells to Mom in other room) Mom, what's for breakfast?

MOM:
Oatmeal with blueberries

FLESH GUY:
Yuck. I hate oatmeal and blueberries. It's so…healthy. Hey, Toby, you had some leftover chips and a candy bar in your backpack. Just eat that, and then you can say you're not hungry! You wouldn't even be lying.

(Toby starts digging in his backpack.)

TOBY:
They're kind of smashed, but oh well…

(Toby starts eating and Flesh Guy starts dancing around Spirit Guy, gloating.)

FLESH GUY:
Ha, ha, ha, ha, ha, ha. Loser!

SPIRIT GUY:
But Toby, that junk food is no good for you. You need to treat your body right, after all, it's the house of the Holy Spirit.

TOBY:
Maybe it would be a good idea to eat some oatmeal. I do have a big game today, and it probably isn't smart to eat this junk.

(Toby leaves for a minute and comes back with a bowl of oatmeal, then sits in a chair.)

FLESH GUY:
All right, that's it! Nobody takes away my junk food AND gets away with it. Nobody!

(Toby takes a bite and makes a little face.)

FLESH GUY:
Ugh! Why are you doing this to me?!

SPIRIT GUY:
Good job, Toby.

(Flesh Guy tries to punch Spirit Guy, but completely misses; Toby keeps eating.)

SPIRIT GUY:
You know, Toby, this would be the perfect time to read your Bible before school. No distractions.

(Spirit Guy hands Toby his Bible.)

FLESH GUY:
Ha! Distractions galore, coming right up!

(Flesh Guy brings over a comic book.)

TOBY:
Oh, man! I forgot about this comic book. This one is awesome.

(Flesh Guy pushes Spirit Guy onto the floor, then smacks him on top of the head – act this out without actually touching the other actor.)

FLESH GUY:
That'll teach you to make me get up early and eat oatmeal! I'm in charge today, Spirit Guy. And if things keep going the way I've planned, I'll be in charge EVERY day! Ha, ha, ha, ha, ha (sinister laugh).

SPIRIT GUY:
(still on the floor, rubbing his head)
I don't think so, Flesh Guy. Toby listens to the Holy Spirit. It's just a matter of time before he sees right through your plan!

TOBY:
(sets down the comic book and pauses for a moment, as if listening)
You're right, Holy Spirit. I need to build up my Spirit Guy instead of feeding my Flesh Guy. Jesus, I'm putting You first today. And You said that when I put You first, things will work out great for me. So that means today is going to be a great day!

(Toby grabs his Bible and begins reading. Spirit Guy gets up, flexing his muscles, and points at Flesh Guy to sit down. Flesh Guy sits down, pouting.)

SPIRIT GUY:
Yep, that's right, Flesh Guy. Not another word.

(Freeze characters. Lights down. End drama.)

OFFERING DO THE RIGHT THING

Time Required: 10 minutes

Offering Scripture: "God spoke to Cain: 'Why this tantrum? Why the sulking? If you do well, won't you be accepted?'"

Genesis 4:6-7 MSG

Supplies: ☐ A basket of fruit (The fruit can be real or plastic.), ☐ 1 Stuffed lamb, ☐ A wooden stick or rod, ☐ A beard and white robe

Prior to Offering:

- Choose three boy volunteers.
- Scatter the fruit around the stage or presentation area.
- One volunteer (Cain) will hold the basket; the next volunteer (Abel) will hold the toy lamb and wooden stick or rod; and the third volunteer will play the part of God, wearing the beard and white robe.

Offering Instructions:

- There were two brothers named Cain and Abel, and they each had a job; Cain worked in the fields growing fruits, vegetables and wheat.
- (Have "Cain" pick up the fruit and put it in his basket.)
- Abel took care of sheep.
- (Have "Abel" pet his lamb, talk to it; have fun with this.)
- Both brothers decided to give an offering to God. Cain brought fruits and vegetables for his offering, while Abe brought a lamb from the firstborn of his flock.
- ("Cain" and "Abel" present their offerings to "God.")
- The Lord respected the offering from Abel, but not the offering from Cain.
- Cain became *very* upset.
- ("Cain" looks angry and pouts.)
- But the Lord said to Cain, "Why are you throwing a tantrum? Why are you pouting? If you do the right thing, won't you be accepted too?"

Ask **Why did God not accept Cain's offering?**

- (Allow time for the Superkids to share and discuss their ideas.)
- When we bring our offerings to God, the most important thing He looks at is our heart, the attitude that we have when we're giving. It is obvious to see that Cain's problem was his attitude because of the way he reacted when God didn't accept his gift. He even stayed angry when God gave him a second chance to change his attitude and bring his offering the right way.
- So today, Superkids, as you bring your gifts to the Lord, make sure you're like Abel, who brought his offering with a right heart!

LESSON OUTLINE GET DRESSED!

Memory Verse: "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."
Colossians 3:12

I. NEVER FORGET WHO YOU ARE 2 Peter 1:3-9

a. You contain ALL of God, not just a little bit, but 100% of God is in you!
b. To be godly requires a quality decision to wear His clothes! (fruit of the spirit)
c. Christians who don't walk in the spirit forget they've been changed. 2 Peter 1:9

II. FLESH GUY VS. SPIRIT GUY, A SUPERHERO BATTLE

a. Your old self (Flesh Guy) wants to call the shots. Most people think he is the strongest and you can't beat him.
b. Take off the old, dirty "Flesh Guy" clothes and trash them. Romans 13:12-14
c. Don't spend time thinking of ways to feed Flesh Guy. Starve him out!
d. Exercise Spirit Guy and he will become the "Superhero Champion!"

III. GETTING DRESSED IS SOMETHING WE ALL HAVE TO LEARN AND PRACTICE

a. Toddlers have to learn to dress themselves. Sometimes they forget!
b. Any fruit of the spirit that's missing is like being partially dressed.
c. People need to see your fruit, not your flesh. Colossians 3:17
d. As you stay in Him, you'll produce lots of fruit! John 15:7-8

A Word from Commander Kellie: Remind your Superkids what it was like when they learned to dress themselves. At first, they probably went out without clothes on at all and didn't even care! They had to be taught, reminded (over and over again) and after practice they started looking pretty good on the outside. This is a great picture of the way many Christians live their lives—naked on the outside of their Spirit-Guy clothing (fruit). Paul phrased it "clothe yourself" because you must choose to put on the outside what is on the inside. I am sure that today, all of your Superkids are fully clothed and that no one forgot to get dressed! The nature of God, our "Superhero" suit, works the same way. The more we practice putting it on <u>every</u> day, the more natural, effortless and part of us it becomes!

Notes: _____

OBJECT LESSON THE RIGHT OUTFIT

Time Required: 10 minutes

Foundation Scripture: "Get out of bed and get dressed! Don't loiter and linger, waiting until the very last minute. Dress yourselves in Christ, and be up and about!"

Romans 13:14 MSG

Supplies:
- ☐ A fun, goofy outfit: (Ex: a wig; glasses; shirt; loud tie; big, baggie pants; galoshes; etc.)
- ☐ Bring the costume in a big shopping bag

Lesson Instructions:

- Today I have something fun to show you but I need a boy or girl to help me out. Do I have any volunteers? (Be sure and pick someone you know will be a good sport, since you will be dressing them up in front of the class.) Now that my wonderful helper is here, we can get started. By the way, have you ever thought of being a model?
- The other day I was out doing one of my favorite pastimes—shopping—and did I ever run into some fabulous bargains! I thought it would be fun to have my volunteer model for you all the wonderful things I bought. Let's see, where to start… (Begin pulling out the pieces and have your helper put them on one by one. Take your time and make a big deal out of how great you think they look.) You know, I think my model looks awesome.

Ask **What do you think, Cadets?**

- You don't like their outfit? So you don't think I did a very good job in dressing them? Well, this actually reminds me of a scripture found in Romans 13:14 MSG. It says, "Get out of bed and get dressed….dress yourselves in Christ, and be up and about!"

Ask **Did you know there are kids who let someone else dress them every day?**

- Your "spirit man," the real you who lives on the inside of you, gets dressed every day. But if you don't dress your spirit, the devil will. He'll try to put a "bad attitude" on your heart, or maybe disobedience. He might also try to get your "spirit man" to wear a bad temper or tell a lie. Let's listen to this verse again, it says, "Dress yourselves in Christ."
- We're supposed to dress ourselves, and it even tells us what to wear—not this goofy outfit. We're supposed to put on Jesus. Now that's an outfit we can be proud of!

Notes: _____