

Mirror Mirror

LESSON 1 - THE "I" IN IMAGE THE REAL YOU IS ON THE INSIDE

Bible Memory Verse:

"The good man from his INNER good treasure flings forth good things, and the evil man out of his INNER evil storehouse flings forth evil things." Matthew 12:35

Lesson Outline:

Teacher, here are the main points in this lesson. Today's activities will touch on these points, but be sure to spend time enforcing these truths to your students!

- This lesson emphasizes that the real you is on the inside!
- We are 3-part beings. Spirit, soul and body (*1 Thessalonians 5:23*).
- Although no one can see our spirit, that is the part of us that will last forever.
- While it's important to take care of our bodies and keep our soul (*mind*) in line with the Word of God, taking care of our spirit on the inside is more valuable.
- How can we take care of our spirit? By being born-again! When we are born-again, it is our spirit that is recreated. God does this work on the inside of us! He makes us holy just like Him. (*2 Corinthians 5:17, Ephesians 4:24*)
- We can also focus our time and energy more on the inside than the outside. Some people can get caught up in outer appearances while neglecting the inner appearance. Are we spending time reading God's Word? Praying God's Word? Listening to God? Are we kind to others? Are we patient with those around us? Do we stop to talk to everyone and not just the beautiful people? Do we speak God's promises over ourselves and over others?
- The outer appearance doesn't define us. For example, "That's the girl with really big feet." It's the inner qualities that should define us. "That's the girl who shows love to everyone!"

Declaration Time with Godmother Gladys: Eye Exam

Each week, Godmother Gladys will come and lead the class through a memory verse game followed by a positive declaration of God's Word!

Object Lesson: Spirit, Soul & Body!

Skit: Liza's Evil Step-Brothers

Object Lesson: Don't Judge Chocolate Milk by Its Box!

"My Mirror" Worksheet:

Allow time in class for your students to quietly fill out their worksheets. Collect and keep worksheets each week in folders or journals that your students decorate and personalize!



DECLARATION TIME WITH Godmother Gladys

Find a special children's worker to play the part of Godmother Gladys who will lead your class through the following memory verse review game with lots of personality! Then have your students repeat Gladys' positive confession to make the verse personal!

"THE GOOD MAN FROM HIS INNER GOOD TREASURE FLINGS FORTH GOOD THINGS, AND THE EVIL MAN OUT OF HIS INNER EVIL STOREHOUSE FLINGS FORTH EVIL THINGS."
MATTHEW 12:35

MEMORY VERSE REVIEW GAME

EYE EXAM!

For this game you will need:

Six (6) large posters with your memory verse typed out on each. Make the size of the type very large on the first board then gradually smaller on each subsequent board. You should barely be able to read the verse on the sixth board.

Godmother Gladys will enter carrying all of the boards and greet the children:

What a beautiful day and what beautiful children I see out there! I'm Godmother Gladys. I just know that you all are wishing something special right now. I know you're wishing you could memorize today's Bible verse lickedy-split! Well, I'm here to grant your wish! And I brought my special eye exam cards to help you out. So are you ready for an eye exam? Yes, today we're conducting an eye exam. Ok, let's go! Let's test your eyesight, children!

Sample

Godmother Gladys will hold up the first board with the large words and have the class read it out loud. Then, she'll hold up the second card and have the class read it out loud. She will simply work her way through to the last card having the children repeat the verse each time. Compliment the class on their eyesight. Godmother Gladys can act amazed when they manage to "read" the last card!

I think you are trying to trick me, children. I don't believe you can really read this last card. I think you have memorized the verse! I think you can repeat the verse without any card at all. Want to try it?

Have the class repeat the verse without any card.

POSITIVE CONFESSION:

Now children, let's make this verse personal. Repeat the verse after me:

"I want to fling forth good things." *repeat*

"So I will put good things into my Spirit." *repeat*

"I don't want to fling forth evil things." *repeat*

"So I will not fill my self with evil things." *repeat*

"I will fill my eyes, ears and heart with God's truth." *repeat*

Great job, children! Your Godmother will be back next week!

OBJECT LESSON SPIRIT, SOUL & BODY!



For this object lesson you will need:

2 hard-boiled eggs (1 is extra, if needed), Table

Show the egg to your class. Ask the class to identify the different parts of the egg. Allow them to respond; shell, white & yolk. Now, ask for a volunteer to assist with taking apart the egg to reveal all three parts.

The outside of this egg is the part we call the shell. Show the class the shell. Now, have your assistant crack and remove the shell to reveal the white. Show the class the egg white. Now, have your assistant split the egg in two to reveal the yolk. Show the class the egg yolk.

Kids, all 3 parts came from one egg. One egg has 3 parts. That is like us! We have 3 parts, too! Can you name them? We are a spirit. Our spirit is the part of us that will live forever. It's sometimes referred to as the heart of man or the inner man. Kind of like this yolk. We have a soul, which is our thoughts & emotions. Our soul is kind of like this egg white. And on the outside, we have our body just like the egg has its shell.

We are a **spirit**, we have a **soul** and we live in a **body**! It's important to take care of our bodies. It's important to keep our soul, our thoughts and emotions, in line with the Word of God. But it's most important to guard our spirit man on the inside because that is the part of us that will live forever! Remember we are 3 part beings and our eternal part in on the inside!

*"...I pray to God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."
1 Thessalonians 5:23*

Sample OBJECT LESSON

DON'T JUDGE CHOCOLATE MILK BY ITS BOX!



For this object lesson you will need:

2 large cardboard milk containers; 1 decorated beautifully with wrapping paper & ribbons and the other made dirty and slightly crushed or ripped, Table

Fill one container with chocolate milk and one with vinegar.

Present the 2 containers to your class and ask them which container they would like to drink from? Wait for the children to respond. Now, tell your class that one container is filled with chocolate milk and the other is filled with vinegar. Which one is filled with yummy chocolate milk? Sometimes the outer appearance doesn't reflect what is on the inside. You could choose the pretty package, but there might be something very bitter inside. Or you might choose the dirty package, but get delicious chocolate milk. It reminds me of a story in the Bible. The prophet Samuel was looking to anoint a King over Israel. Jesse thought for sure his oldest, strong son Eliab would be anointed, but the prophet said,

*"Look not on his appearance or at his height, for I have rejected him. For the Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart."
1 Samuel 16:7*

Let's see as God sees. Let's look not just at the outer appearance of people. Let's remember that the real you is on the inside!

LIZA'S EVIL STEP-BROTHERS

CAST:

Liza (*wears glasses & pigtails*)
Brody (*dresses like a surfer*)
Brik (*dresses like a surfer*)
Cook (*wears an apron*)

PROPS:

Table with 3 place settings
Book
Eyeglasses
Bowl
Plate of pancakes
iPod

Scene starts with Liza sitting at the table eating her breakfast. Cook is busy doing "kitchen work;" serving Liza more food, filling her drink, etc. Liza's appearance is proper, but nerdy; braided pigtails, large eye glasses, always carrying a book...

COOK: 'Tis a beautiful day, Miss Liza. It sure would be good for you to go outside today and enjoy the sunlight!

LIZA: (*Reading her book*) No thanks, Cooky. I think I'd rather stay in today.

COOK: (*Pulls up a chair and sits down beside Liza*) Miss Liza, It's summer break. Don't you want to go outside? Or maybe invite a friend over to play?

LIZA: (*Looks at Cooky over her book then sets her book down*) Yes, that sounds fun. Maybe tomorrow, Cooky. My book is so good, I just don't want to put it down. It's about Queen Esther!

COOK: Ah yes, Queen Esther, for such a time as this... Listen, Miss Liza, I know there have been a lot of changes around here lately. What with your Dad marrying Ms. Meriweather and she and those two hooligans she calls sons moving in here. And now your Dad and she go off to do business in Europe for 3 months. It has to be a hard adjustment for you. I'm always here to talk, ya know?

LIZA: I know, Cooky. Thanks. All the changes are why I read so much.

COOK: That's why you read?

LIZA: Yeah, I read stories like this and I read my Bible.

COOK: Why's that, Miss Liza?

LIZA: Well, if I keep my mind focused on good things then I don't have time to focus on all the changes around here. If all I did was think about the changes, then I would probably be a lot more sad.

COOK: Well, aren't you wise beyond your years, Miss Liza. You just keep reading your books. (*Gets up from the table*) You just keep doing whatever you need to, sweet girl. Maybe I should learn from you because I can hardly take another day with those two knuckle-headed step-brothers of yours. Ah, I think I hear them now. Brace yourself, Missy.

Brody and Brik enter looking like typical surfers.

BRODY: Where's breakfast, Cook? Surfing sure makes me hungry!

BRIK: Yeah, surfing sure makes us hungry!

BRODY: I just said that, Brik!

COOK: You two sit like Gentleman and then I'll serve you.

(Boys sit)

BRODY: Hey, four-eyes, you gonna eat your pancakes? (*Stabs Liza's pancake with his fork and starts eating*)

COOK: Quit acting like farm animals and sit like Gentleman!

Sample

BRODY: Dude, the waves were awesome this morning!

COOK: Who are you calling, “Dude?”

BRIK: Check it, this morning was epic! Brody totally charged a 6 foot!

BRODY: Brik, It was more like 8 feet.

BRIK: Naw, it was 6, I was watching.

BRODY: 8!

BRIK: 6!

BRODY: 8!

COOK: Enough! I don’t even know what you’re talking about anyway. Just eat! *(Gives them plates of food)*

BRODY: Hey, Brik, I wonder what our Step-SISSY is going to do today?

BRIK: I don’t know, what Brody?

BRODY: Probably keeping her weasel nose in that book like she does every day. What a troll!

BRIK: Totally, what a troll.

LIZA: *(Rises)* Thank you for breakfast, Cooky. Brik. Brody. *(exits)*

COOK: Let me ask you two a question. Have *you* been reading any books lately?

BRIK: Naw, I don’t have time for books. But I’ve been watching this awesome show called, “Victor’s Violent Life.”

COOK: Let me guess, there’s violence in it? What about you, Brody?

BRODY: Ummm, my favorite band is, “Angry Teenagers.” I listen to them a lot.

COOK: You know what, Boys? You’re Step-Sister is a whole lot smarter than the both of you.

BRODY: Why? Just ‘cause she reads all day?

COOK: No, because she knows that what she puts into herself will eventually come out. Put ugly stuff in and ugly will come out. Now, Brik, no TV today.

BRIK: What?!

COOK: And Brody, hand over your iPod.

BRODY: But, Cook! What do you expect me to do all day? *(Hands over the iPod)*

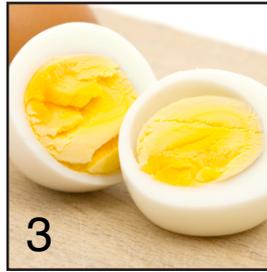
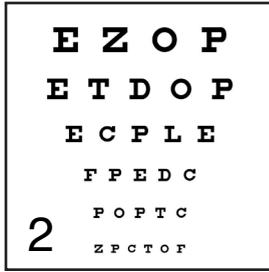
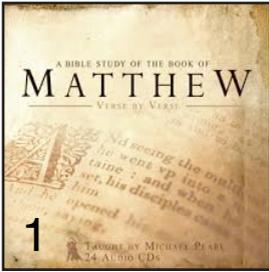
COOK: I have an assignment for you. Get your sister to go outside and do something fun with you. The summer is just beginning and I for one want to enjoy it. So no more of those violent TV shows or angry music. Now off with you!

(Boys reluctantly leave)

COOK: And be nice to Miss Liza! I think I remember learning that verse in church, “The good man from his inner good treasure flings forth good things...” Yep, I expect to see some changes around this house!

(Cook exits)

My Mirror



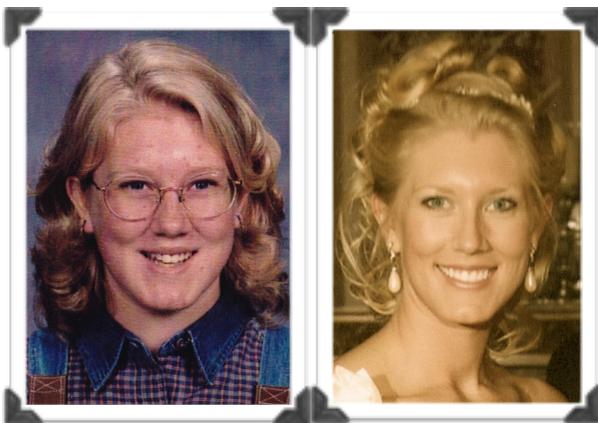
MATCH THE CORRECT NUMBER WITH THE QUESTION:

- How did Godmother Gladys teach you today's memory verse? _____
- What is one way we can strengthen our inner man? _____
- What picture shows us that we are a 3-part being? _____
- This picture shows one way we can let things enter our spirit: _____
- In what book of the Bible is our memory verse found? _____

TODAY'S MEMORY VERSE

Sample

"THE GOOD MAN FROM HIS INNER GOOD TREASURE FLINGS FORTH GOOD THINGS, AND THE EVIL MAN OUT OF HIS INNER EVIL STOREHOUSE FLINGS FORTH EVIL THINGS."
MATTHEW 12:35



Hi Kids!

My name is Samarah and both of these pictures are of me! The picture on the left is at age 13 and the picture on the right is at age 27. I sure changed a lot on the outside, didn't I? Even though my outer appearance changed, I'm still the same Samarah on the inside. My personality and inner qualities stayed the same. One of my inner qualities I like most is that I like to tell the truth.

Now it's your turn! Write down 3 things you like about yourself! But don't write anything about your outer appearance!

1. _____
2. _____
3. _____