

SPIRIT-SOUL-BODY

LESSON 1 - WE ARE 3-PART BEINGS

OUTLINE:

ICEBREAKER - *Everyone's It*

OFFERING LESSON - *Baking With Brown Sugar*

MEMORY VERSE GAME - *Bible Verse Relay*

TEACHING - *Key Points with Optional Props to Help Teach Today's Message*

OBJECT LESSON - *Matryoshka Dolls*

*OPTIONAL VIDEO - *Spirit, Soul & Body Illustrated Part 1*

SKIT - *Mrs. Scrubbing Bubbles Meets Henry*

SECONDARY OBJECT LESSON - *Preserved*

REVIEW QUESTIONS

PROPS YOU WILL NEED:

Baking container filled with brown sugar

Measuring cup

2 Bibles

2 markers

2 large pieces of paper (or marker boards)

Tape (if using paper)

Mirror

Brain (model or picture)

Bible

A set of at least three matryoshka dolls (Russian stacking dolls)

Word sprayer (large spray bottle with Bible attached)

New, unopened jar of fruit preserves

*Spirit, Soul & Body Illustrated DVD available here:

<https://store.awmi.net/p-763-illustrated-spirit-soul-body.aspx>

ICE BREAKER

Everyone's It

Mark a designated area for this game of tag. Have everyone in your class spread out in the designated area. Each class member will put their non-preferred hand on their head. Then everyone has to run around in the specified area and get other people out by touching their elbows. The last one with their hand on their head is the winner!

OFFERING LESSON

“Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be poured into your lap.”

Luke 6:38

Baking with Brown Sugar

You will need: Baking container filled with brown sugar, measuring cup

Read the offering verse to your class.

How many of you like to bake? How many of you know someone who is a great baker? Maybe your grandma or grandpa? Maybe an aunt? Great bakers know something about brown sugar. When a recipe calls for brown sugar, it always says firmly packed or “pressed down.” Let’s demonstrate!

Fill your measuring cup with brown sugar then press it down. Show your class that after you press down the brown sugar, you can fit more brown sugar into your measuring cup.

What happens when you press down the brown sugar? Yes, you can fit more brown sugar into the measuring cup. That’s how God wants to bless us. He says that when we give it will be given back to us. How much? Good measure, pressed down, shaken together and running over! Just like we press down the brown sugar to make room for more, we know that God wants to bless us with more than we might think!

The key is to be a giver. When we give, God gives back to us! Amen!



MEMORY VERSE

*“May your whole spirit, soul, and body be preserved blameless
until the coming of our Lord Jesus Christ.”
1 Thessalonians 5:23*

Bible Verse Relay

You will need: Bibles, 2 markers, 2 large pieces of paper (or marker boards), tape

Read the verse together with your class several times. Divide the children into two teams. Give each team a Bible and a marker. Attach one piece of paper per team to the wall. The first child runs to the paper, writes the first word of the verse and runs back. He hands the marker to the second child who writes the second word. Continue until the verse and reference are written. If a team member needs to look at the verse, they can look it up in the Bible, but that will take extra time. The first team to finish wins!

TEACHING POINTS



Optional props you will need: Mirror, brain (model or picture), Bible

- We are 3-part beings. The three parts of every human are body, soul and spirit.
- Let's talk about the **body**. That is the physical part of you that you can see in the mirror. You can feel your body. If someone puts their hand on your shoulder, you feel it. You can take inventory of your body. You can feel if you have a headache. You can feel if the shower water is too hot. You can feel if you're tired. When you look into a mirror, you can see your physical body. You can see if your hair is combed or if you remembered to put lipstick on.
- Let's talk about the **soul**. The soul is your mind, your will, your emotions, your conscience, your personality. You can feel your soul, too. You can feel if you are happy or angry. You can feel if you are having fun or not. You can feel if your personality enjoys being around people or needs some alone time.
- Let's talk about the **spirit**. Unlike the body and soul, you cannot use your 5 senses to feel your spirit. Why? Your spirit is the innermost part of you. You cannot see it in the natural mirror. You cannot feel it like you feel emotions. The only way to correctly understand spiritual truth is through God's Word. You must believe what the Bible says about you. James 1:25 says that the Word of God is like a spiritual mirror. It shows us what our spirits are like.
- Your spirit is the real you. James 2:26 says that the body without the spirit is dead. Your spirit is the eternal part of you. It will live forever. Your body will not. In Genesis 2:7, God breathed into Adam the breath (spirit) of life. This is where our spirits come from, God Himself.

OBJECT LESSON

Matryoshka Dolls

You will need: A set of at least three matryoshka dolls (Russian stacking dolls)

Today we are learning that we are three-part beings. I need a volunteer to help me. *Choose volunteer to come to the front of the room.* What is the part of our being that we can see? That's right, our bodies. Just like this matryoshka doll here. We can see that it is red... *describe the outside of the doll.* And just like our volunteer here; we can see that he/she has black hair, a blue shirt... *describe your volunteer.*

What is the part of the us that lets us feel our emotions? Right, our souls. *Open up the matryoshka doll to reveal another smaller doll inside.* We couldn't see the soul from the outside, but it is definitely there. Remember the soul is our mind, emotions and our personality. *Ask your volunteer something about their personality.* "Do you like to be in charge or would you rather follow someone else when they lead?" That tells us something about your personality!

Now what is the part of us that we cannot feel or see with our 5 senses? Right, our spirits. *Open up the matryoshka doll to reveal yet another smaller doll inside.* We definitely couldn't see this from the outside, but it's surely there! Our spirit is the inner part of us! Our spirit is the part of us that God will speak to. (*Romans 8:16 says His spirit bears witness with our spirit*). Ask your volunteer, "Has God ever spoken to you or have you had a thought that seemed to come from deep inside your spirit?"

Remember we are more than a body. We are more than a soul. We are spirit, soul & body!



VIDEO - OPTIONAL

Show part 1 of Spirit, Soul & Body illustrated. If you think this video seems too complicated for elementary students to understand, I would encourage you to show it anyway. It is great for visual learners and some things can be "caught" rather than "taught!"

SKIT

Mrs. Scrubbing Bubbles Meets Henry

CHARACTERS:

Mrs. Scrubbing Bubbles
Henry

PROPS:

Word Sprayer (*large spray bottle with Bible attached*)

(Scene opens with Mrs. Scrubbing Bubbles holding her “Word Sprayer” up as if she’s in front of a camera recording an infomercial)

MRS. SB: Mrs. Scrubbing Bubbles here. The best cleaning lady around! I’m your expert scrub-ologist! Have I got an offer for you! We’ve perfected our formula to bring you the absolute best in cleansing sprays! But this isn’t a cleansing spray for your home. Or your car. Or even man’s best friend, Fido. Oh no! This is a cleansing spray for you! Guaranteed to change your life if you let it!

(Henry wanders in interrupting the infomercial)

HENRY: Excuse me.

MRS. SB: Umm, cut! We’re trying to make a commercial here, young man.

HENRY: Oh, sorry. I’m just looking for someone to answer my question.

MRS. SB: Is that right? What’s your name?

HENRY: My name is Henry.

MRS. SB: Well, Henry. What question do you have that’s so urgent that you feel the need to interrupt our work here?

HENRY: Well, my friend took me his church last week. The teacher said something about being born again. I don’t get what that means? For one thing, I’m way too big for my mom to birth me again. Yikes! I don’t even want to think about that!

MRS. SB: Oh Henry! You have come to the right place! Let me introduce myself. My name is Mrs. Scrubbing Bubbles and I have your answer for you!

HENRY: You do!

MRS. SB: Yes! You see, the Bible says, “That which is born of flesh is flesh and that which is born of Spirit is spirit.”

HENRY: Yeah, that's what the teacher said, too. What's that mean?

MRS. SB: When you were born as a baby, that was your flesh or your physical body being born.

HENRY: Right.

MRS. SB: Henry, do you know that there is more to you than just a body?

HENRY: Well, I guess so. I have ideas and I imagine things and sometimes I feel things really deep inside. Is that weird?

MRS. SB: Not at all. You're right! You are more than just a body. God gave you a mind and a spirit as well. When Jesus said, "You must be born again," He wasn't talking about your body. He knows it's impossible for our bodies to go back into our mother's womb and be born. No. He was talking about our spirits inside of us.

HENRY: Well, that makes a lot more sense.

MRS. SB: When your body was born as a baby you became part of a family, right?

HENRY: Right. The Millers.

MRS. SB: Well, when your spirit is born again you become part of another family, too.

HENRY: Really?

MRS. SB: Yes, God's family. You become a son of God!

HENRY: Wow!

MRS. SB: Henry, I have so much to tell you about the 3 parts of man. Would you like to hear more?

HENRY: Of course! But what about your commercial? Do you need to finish it?

MRS. SB: The commercial can wait until tomorrow. This is much more important.

Both exit.

SECONDARY OBJECT LESSON

Preserved

You will need: New, unopened jar of fruit preserves



Let's review today's memory verse:

“May your whole spirit, soul, and body be preserved blameless until the coming of our Lord Jesus Christ.”

1 Thessalonians 5:23

Let's talk about the “P” word in today's verse; PRESERVED. This verse was written by Paul, Silas and Timothy to the church of the Thessalonians. If you read the whole book of Thessalonians you will see that Paul, Silas & Timothy deeply loved this church and wanted the best for them! One of their final wishes for them was our verse today; that their whole spirit, soul and body would be preserved blameless until the coming of our Lord Jesus Christ.

Preserved means to keep something safe from harm or destruction. It means to keep something alive, intact and in good condition.

Have you ever seen a jar of fruit preserves? It's called preserves because the fruit inside has been preserved! It is kept in good condition! When someone cans preserves, they boil the fruit and seal it inside a sterile glass jar so no bacteria or impurities will get in. And when we open a brand new jar of preserves what should we hear? That's right, a POP! That means it has been preserved correctly and the fruit inside will be delicious!

Our verse today says that we should keep our whole spirit, soul and body preserved blameless. So always remember that you are a spirit, you have a soul and you live in a body. We need to acknowledge all three parts! We need to take care of all three parts so they are in good condition when Jesus comes back!

REVIEW QUESTIONS

1. What are the three parts of man?
 - A. Father, Son, Holy Spirit
 - B. Head, shoulders, knees
 - C. Spirit, soul, body**
 - D. Ear, nose, throat
2. What part of man can you see in a mirror?
 - A. Spirit
 - B. Soul
 - C. Body**
 - D. All of the above
3. What part of man lives forever?
 - A. Spirit**
 - B. Soul
 - C. Body
 - D. All of the above
4. What does preserved mean?
 - A. Fruit
 - B. Jelly
 - C. Bad or spoiled
 - D. Keep something in good condition**