



SYSTEM RESET: WEEK 1

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SYSTEM RESET

WEEK 1: Reset

Bible: 2 Corinthians 5:17; Romans 6:11

Bottom Line: When you decide to follow Jesus, you become a new person.

SUPPLIES

- Bed sheet (optional)
- Dirty water containers (lined up on one side of the room with index cards and pens nearby)
- Clean water containers (lined up on the other side of the room with index cards and pens nearby)
- Clean glass of water
- Dirty glass of water
- Clay (a small amount per student)

OPENING GAME: SWITCH-A-NEW

HOW TO PLAY THE GAME

Tell students to find a partner and learn two things they didn't already know about each other.

After both partners have shared, have them turn their backs to each other.

Next, both partners change four things about their appearance (no peeking), such as removing their glasses, changing their hair, untucking their shirts, rolling up their sleeves, etc.

Allow a few minutes for everyone to make the changes.

Then, have partners face each other again and see who can figure out all the changes their partner made.

Repeat the same process while switching partners.

Play the game 3-5 times.

Here is an alternative way to play this game:

Divide the group into two teams.

Each team has one player come upfront to participate.

Have players face each other about 5-feet apart.

Let them take a good look at each other for 10 seconds and then have two volunteers hold up a bed sheet between them.

Give players one minute to change any one thing about their appearance.

When the time is up, have the volunteers drop the sheet.

The goal is to see which student can yell out the change the opposing student made first.

Allow as many of your students to play as you have time for and keep score to see which side can detect the most changes first.

After the game, say: During the opening game, what were we looking for?

Allow a few responses from students.

Exactly, it was about figuring out what changes took place.

Today, we are starting a new series.

We'll be talking about the most important change that could ever take place in your life.

TEACH

Say: Have you ever “reset” your iPad, iPhone, iPod or another electronic device?

When you hit the reset button, all the games, apps, viruses and bugs go away.

You start all over again.

Everything is wiped clean.

That's the kind of change that God brings in our lives when we surrender to and follow Jesus.

God hits our reset button.

That's why the new series is called “Reset”.

Today, we're going to explore what it means for God to hit the reset button of our lives.

We know that a butterfly isn't born a butterfly, right?

What is it born as?

Allow a few responses from students.

Right, a caterpillar!

A caterpillar is a creepy crawly insect that eats a lot.

In fact, they can do a lot of damage to plants because they can eat so much.

There comes a time when the caterpillar is ready to build a cocoon and go through something called metamorphosis.

Does anyone know what metamorphosis means?

Allow a few responses from students.

Exactly! It means changing from one creature into a completely new creature.

A caterpillar makes a cocoon so that it is safe while it transforms from a caterpillar into a butterfly.

After staying in the cocoon for a while, its entire body is transformed until it eventually breaks out of the cocoon as a beautiful butterfly.

This is picture of our lives before and after we start a relationship with Jesus.

Before we decide to follow Jesus, our hearts are filled with sin.

Our hearts are sort of like an ugly caterpillar.

We're filled with the pollution of sin. After we decide to follow Jesus, we are a new creation.

Our hearts morph into something completely different.

We're no longer polluted with sin.

We are like a butterfly, a new creation, free from the ugliness of sin.

Read 2 Corinthians 5:17.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Let me help you really get this "new creation" idea.

Before Jesus, sin pollutes our lives.

Hold up dirty glass of water.

Like this dirty water, sin makes our lives full of yuck.

Who can give me some example of how sin pollutes us?

Allow a few responses from students.

That's right, sin fills us with jealousy, hate, bitterness, anger and a ton of other bad stuff. God doesn't want our lives to be filled with all this stuff.

He created us to be like Him, which is completely opposite of these things.

In fact, the pollution that sin brings actually separates us from a relationship with God.

We can't fix this problem on our own.

Only Jesus can fix it.

When we decide to surrender our lives to Jesus and follow Him, a metamorphosis takes place.

After Jesus, we are free from the pollution of sin.

Hold up clean glass of water.

Jesus cleans up "the yuck" of our sin and makes it go away.

Our lives now look like this clean glass of water.

We're filled with good stuff, not bad stuff.

Name some good stuff we are now filled up with.

Allow a few responses from students

That's right, we are now filled with love, compassion, self-control, etc.

All these things are what God wants us to be filled up with.

Now that sin doesn't pollute us anymore, we can enjoy a relationship with God.

Before Jesus we are filled with the pollution of sin.

After we surrender our lives to Jesus, we are free from the pollution of sin.

Let's go back to the metamorphosis idea.

When we surrender our lives to Jesus, God does more than clean up the pollution of sin.

Like a caterpillar turns into a butterfly, God actually makes us a new creation.

What exactly does that mean?

Does it mean we have super powers and can fly like a butterfly? No.

Being a new creation means we are completely different on the inside.

It's like God hit the reset button and we're starting all over, doing life God's way instead of our own way.

Everything is wiped clean.

We start over as a new creation being filled with love, compassion, kindness, forgiveness, etc.

We start over being who God designed us to be.

Today's bottom line is "When you decide to follow Jesus, you become a new person."

The bottom line really sums up today's lesson.

Next, we are going to do an activity.

On the left side of the room, there are large containers of dirty water.

Your job is to think of one-way sin pollutes our lives.

What does sin fill our lives with?

Then, write it down on an index card and tape it to a dirty water container.

On the right side of the room are large containers of clean water.

Your job is to think of one-way God cleans up our sin.

What good thing does God fill our lives up with?

Then, write it down on an index card and tape it to a clean water container.

The example you post on the water container has to be unique and can't match what someone else posted on that container.

When you're done, take a few minutes and see what others have posted on the water containers.

Allow students a few minutes to complete the activity.

When complete, take a few minutes and point out examples from both the dirty and clean water containers.

Close in prayer.

SMALL GROUP ACTIVITY & DISCUSSION QUESTIONS

ACTIVITY: CLAY CREATIONS

Give every student a piece of unmolded clay.

The idea is for students to create something out of the clay that represents one good thing that God fills them up with.

If using "compassion", for example, the student might create a person giving food to a homeless person.

If using "forgiveness", the student might creatively write the word forgiveness using clay.

Encourage your students to be creative.

Allow enough time for students to complete the creation.

Then, ask willing students to share what they created.

DISCUSSION QUESTIONS

1. Would you prefer to be a butterfly or caterpillar? Explain.
2. What is confusing to you about being a new creation?
3. What questions do you have about what we talked about today?
4. If we are new creations after deciding to follow Jesus, does that mean we'll never mess up? Explain.

Read Romans 6:11.

So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

Ask: What do you think this verse is saying about being a new creation?

What does it mean to be dead to sin and alive to God?

Allow a few responses from students.