

Family Devotional

From July 24, 2016

Read: Ephesians 4:20-32

Reflect: What types of actions does verse 31 say are part of the old self that we should take off? Can you think of other actions/attitudes that could go on this list? Write all the response on slips of paper or index cards

What types of actions does verse 32 say are part of the new self that we should put on? Can you think of other actions/attitudes that could go on this list? Write all the response on slips of paper or index cards

Play: Now shuffle the two stacks of cards together and depending on the age of your group play one of the following games.

- Flip the cards over one at a time and as a group decide if they are an old or new self response.
- Make two of each card and play "Go Fish" or "Memory".
- Play "Spoons". Put 1 less spoon than the number of people playing in the middle of the group. Give each person 3 or 4 cards to start with. You want to have enough cards left for people to choose from. Then, give one person the rest of the deck. They will start by drawing one card from the deck and either passing it on or replacing it with one of the cards from their hand. They pass the discarded one to the next person face down. The second person does the same so the cards go all the way around the circle. Keep doing this until one person has a hand of all "new self" or "old self" cards. The first one to have a completed hand, grabs a spoon then everyone else is free to grab the remaining spoons. The last person left without a spoon is out. You repeat the process with the remaining players until there is only one player left hold the spoon!

All of these games require choosing what you are going to take and what you are going to leave. We have that same choice in life.

What do you think about verse 26? Is there anything about it that surprises you?

Anger is an emotion. Emotions are not something you can control, but something that wells up in the moment. However, you can control how you respond. When you feel angry, how do you want to respond? Do you think that would be an actions/attitudes of the old self or the new self? If it is more of an old self response what would be a better way to respond?

The best news is that God isn't asking us to be perfect in our own strength. He is the one that makes us a new creation, but we are not robots. Thus, to become a new creation we must take an active role, allowing God to change us and making choices that are in line with what Christ desires.

What are some ways you can allow God to make you a new creation this week?

Remember: As a family work on memorizing/mediate on 2 Corinthians 5:17 this week.

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

Ideas: Write this passage down and hang it on the refrigerator. Say it together as a family during meal time each day. Write it on a chalk or white board and erase a couple of words each day until you can say it by memory.

Respond: “Dear Jesus, thank you for being patient with us and forgiving me when I act out of my old self! Help us put on the new self and allow you to make us a new creation..... Amen!