

# Romans 12

## Living Sacrifices

**Scripture:** Romans 12

**Memory Verse:** Romans 12:1b *“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”*

**Lesson Focus:** All of Romans 1-11 has been building up to this point. In view of all God has done for us as described in Romans 1-11, how should Christians now live? The rest of the book of Romans (and this chapter especially) answer this as we will see how God desires each and every Christian to live out what He has poured in per Romans 1-11!

**Activities and Crafts:** Heart of Love Coloring Picture, Word Search of different terms from lesson, Bring it Home Sheet for 3<sup>rd</sup> – 5<sup>th</sup>.  
Craft for 1<sup>st</sup> & 2<sup>nd</sup>: Living Sacrifice Figure

**Starter Activity:** Cause and Effect Challenge

Several months ago we had fun starting our lesson out with a **Cause & Effect** challenge (see Romans 4 lesson online). Romans 1-11 was all about the gospel (the **cause**) and now in Romans 12 Paul transitions into teaching how it **affects** the life of the Christian practically. So, consider using this **Cause/Effect** activity to capture the kids’ attention.

Invite several volunteers up willing to experience several **effects**. You will be the **cause** agent. Write these effects on the white board so that the kids know what they are beforehand but have your “secret causes” ready. Try to have some good and some not so good to make it funny and exciting. \* Here are a few ideas below, but feel free to come up with your own:

### **EFFECTS**

I taste chocolate

I am wet

I am glad

I am tired

I am moving

I am a mess

Everything is upside-down

Everything is dark

### **“SECRET” CAUSE**

(have a piece of chocolate candy read to give them) \*

(gently spray kid with water bottle)

(let kid gently spray you with water bottle!)

(kid does pushups or something strenuous for 30 seconds)

(give the kid a piggy-back ride)

(bring in some Redi-Whip and spray it in their mouths)

(VERY CAREFULLY hold kid upside-down for a couple seconds)

(put sunglasses on kid or a funny paper bag over their head)

We are playing this silly game because we are at a crucial point in the book of Romans where we will also see some **cause & effect**. Everything we have read so far (Romans 1-11) describes the **cause**: How we get saved or become Christians! \* But the rest of the book beginning with Romans 12 describes the **effect**: How this faith in Jesus changes us! Let’s check it out! \*

## Bible Study:

**Romans 12:1:** After 11 chapters of describing the good news of salvation through faith in Jesus Christ, Paul now instructs believers to offer themselves to God as living sacrifices.

Q: What does sacrifice mean? A: It means to give up or surrender yourself to someone! \* True believers in Jesus are those who sacrifice what they want for what God wants! \*

Now let's be honest and admit right up front that this sounds hard. Sacrificing what you want is not an easy thing to do! \* That is why we started our lesson with the **Cause & Effect** game. We must ALWAYS remember God's love proven through the gospel that we studied in Romans 1-11. \* This is the cause of our salvation AND of our being able to be living sacrifices. \* This love of God "fills our tanks" so to speak.

**Teachers:** Consider bringing in a few transparent cups to be used throughout the lesson. To begin with, have an empty one labeled "ME" and a bigger one that is filled labeled "GOD". **Read Romans 5:5** and remind the kids that when we become Christians, God "pours out" His Spirit upon us in love to help us become what He wants. Then pour some of the water from the "GOD" cup into "ME" to represent Him "filling up our tanks". \*

**Romans 12:2:** God wants to renew or "**change our minds**" from thinking the world's way so that we think His way!

Q: What does it mean "**change your mind**"? A: It means that you previously thought something was right, but now you think it is wrong (or vice versa).

But for this to happen, God's Word has to be LOUDER than the world! \* **Teachers:** If you want to really dazzle the kids consider having another cup that looks dirty with food coloring to represent the world's ideas and pour some into the "ME" cup. Have another cup labeled "GOD'S WORD" pre-filled with bleach (BE CAREFUL IF YOU DO THIS) and pour it into the "ME" cup and watch the color vanish to represent God renewing our minds the more we read His word, pray, attend church, etc. Please practice beforehand to get the amounts right. (See a quick video demonstration on YouTube [here](#))

But if the world is louder than God's Word, you will be crippled in your Christian life! Christians are to be IN the world, but not OF the world!

**Romans 12:3:** Another way that God "**changes our minds**" is to help us NOT think so highly of ourselves. Yet this is exactly what we hear in the world: "*Believe in yourself, follow your heart, be your own hero, etc.*" God says, "NO! Believe in Me! Follow Me!"

**Romans 12:4-5:** These two verses describe the church.

Q: When you hear the word "church", what do you think of? Most people probably think of a building, a place that you go. But the Bible describes it not as a place that you go, but as a people that we are supposed to be....a family that takes care of one another! \*

**Romans 12:6-8:** Notice that God gives gifts or abilities to different members of the church (just like the different parts of your human body each have different functions). \*

Remember the water cup that we filled by God to represent God filling up our tanks for our Christian walk? Well, what do you think He fills us up for? So that we may be “poured out”, using our gifts, for the benefit of others! \* **Teachers:** Consider having one last cup labeled “OTHERS” and pour some from “ME” into the “OTHERS” pitcher to represent this.

But this doesn’t just go in one direction. Sometimes it will be others in the church using their gifts to benefit us! (**Teachers:** Pour in the other direction and then pour some more from the “GOD” pitcher into both to show that it is God who replenishes both!)\*

**Romans 12:9-21:** The rest of this chapter gives us several very practical commands for “BEING” the church. When the church actually behaves this way, as living sacrifices, it is beautiful and gives the world a taste of God’s heavenly kingdom on earth!

**Teachers:** There is so much packed into these verses that instead of studying them in detail, consider immersing the kids into a few of them by having them act a few out or showing how they speak into a few real-life scenarios.

- 1) Consider reading out these real-life scenarios, ask the kids what they would do, and then read the verse and discuss. Also talk about how the world’s way may be different!
  - a. Some bigger “cool” kids in your neighborhood want you to say cuss words. How do you respond? (**Read Romans 12:9**)
  - b. Your best friend gets to go to Disneyland this Summer. You’ve always wanted to go and might be a little jealous. How do you respond? (**Read Romans 12:15a**)
  - c. Your best friend can’t play with you because his grandma passed away. How do you respond? (**Read Romans 12:15b**)
  - d. Your brother or sister was mean to you and you are very mad. How do you respond? (**Read Romans 12:17-21**)

2) Or consider dividing this section of Scripture up and giving groups of kids a section to select and secretly act out. Give each group a few minutes to come up with their little skit and then before they act it out, read the verses that they had to choose from and see if the other kids can guess which verse it is!

Q: In many of these examples, is the Christian making sacrifices? A: Yes!

**Key Point:** That might sound hard, but remember the **Cause & Effect** that we started with. Romans 1-11 described the glorious gospel of Jesus Christ which saves us when we receive it. But we are saved for a reason! We are saved so that by God’s power (remember Who fills our tanks) we will make sacrifices and change the world for Him!

**Boys and Girls:** The gospel changes everything! Be a living sacrifice this week! Let God change your mind and walk in His ways this week!

# BRING IT HOME

Read Romans 12:18  
Who do you need God's help to live peaceably with?

Parent Signature:  
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Parent Challenge:  
What does it mean to be a living sacrifice?

Read Romans 12:21  
How can you overcome evil with good?

