Activity tie-in: Canoeing

Object – canoe ore

Bible verse – Romans 7:18-19, "I know that nothing good lives in me, that is, my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing."

Lesson – Fighting our sinful nature through Christ.

INTRODUCTION IDEAS

Focus on the point that when you paddle on the right side of the canoe, you actually steer left.

- Briefly explain or review how to steer in a canoe, possibly using a real ore as a visual aid.
- You could tell a funny story about how you or someone else failed at canoeing because you didn't know how to steer.

LESSON SUGGESTIONS

- Transition into the bible reading by explaining that steering a canoe may be difficult at first: You may mean to steer right, so you paddle on the right, but instead you go left. That can get frustrating. Our reading talks about Christians wanting to do what's right, but we fail because of our sinful nature. **We aim to steer right, but end up going left.**
- Quote and apply the reading: *Romans 7:18-19, "I know that nothing good lives in me, that is, my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing."*
- **IDEAS TO APPLY GRACE**
  - Point to the end of chapter 7 where Paul says, "Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord!"
  - Remind kids that when we turn the wrong way, God forgives our sins.
  - Remind kids of our baptism.
  - Explain how we are now part of God's family, able to do good works through our faith by the Holy Spirit.
  - We are thankful to God for freeing us from the bonds of sin.

QUESTIONS FOR INTERACTIVE LESSON

- Maybe start off by asking kids if they had every tried to do one thing, but accidentally did the opposite.
- After reading the bible verses, ask kids for examples of "pet sins" that we try to stop, but often end up giving into.

CLOSING PRAYER:

Lord, all too often we turn left when we want to turn right. Thank you for forgiving us when we make decisions that lead us to turn from you. Guide us and strengthen us so that we may follow the direction of your commands. In your name we pray. Amen.