



OBJECT LESSONS

OneHope Teams Object Lessons

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Gum And Money

What You Need:

- A Stick of Gum
- Local Currency

What You Do:

Call up a volunteer, and ask them if they like gum. When they say yes, ask if they'd like a piece of gum. When they say yes, make a big deal as you take out the pack of gum and pull a stick from the pack. Ask again if they want a piece. When they say yes, tell them it's the best piece of gum because it smells so good. Have them smell the gum. Ask if they think it tastes as good as it smells. Then say, "Let's find out." Unwrap the gum, put it in your mouth, and begin chewing. Make a big deal of how good it tastes and how wonderful it is.

Then look at the volunteer, and put a horrified look on your face. Tell them you are so sorry that you told them the gum was for them. Take it out of your mouth, and hand it to them. They will likely refuse. Ask them why they don't want it. Make sure you get the message across that it's used and chewed, and no one else would want it.

Then take out a bill—it should be local currency and have a little bit of value. Ask them if they'd like the money. When they say yes, ask them why and what they could do with the money. Crumple the bill in your hand. Smooth it out and ask if they still want it. Next, crumple it, and put it on the ground. Step on it, and grind it into the floor. Pick it up, and dust it off. Ask if they want it. When they say yes, ask why. Then take it, rub it under each arm, smell it, and pretend it smells horrible. Ask if they want it. Then ask why they want the money and not the gum.

Tell the students the money represents us. Take them through each step, explaining that we all have moments when we feel like we've been walked on or moments when we've made bad choices. Talk about the fact that no matter what we do, God still loves us. At the end, give the money to the student along with a couple of pieces of gum or candy.

Choices

What You Need:

- Shaving Cream
- Wet Wipes

What You Do:

Choose a volunteer to help you. (If you have been watching the kids, the jokester of the class usually does well in this scene). Talk to the students about choices—how we make hundreds of choices each day. Give them examples like what to wear, what to eat for breakfast, and where to go each day. Then talk about good choices and bad choices—choices that hurt and choices that help. Ask the students if they have ever made a bad choice.

Ask the volunteer to hold out their hand. Tell the students that the shaving cream represents choices. Then ask the students what some of the bad choices are that they have made. (Be ready with examples of your own if you don't get a response from the students.) For each example, put a dab of shaving cream on each finger of the volunteer. Once there's shaving cream on each finger, ask them how they feel when they make bad choices. Talk about how they may make you feel good or seem fun at the time, but how when it's over, you want to be able to take them back.

Give the volunteer the shaving cream and ask them to put the shaving cream back into the can leaving their hand as clean as it was before they started. Before things get too sticky, talk about how we can't take back our bad decisions or hurtful words, but there is someone who can help us.

Take out a wet wipe and tell them that it represents Jesus. Then begin to clean the volunteer's hand, while talking about how much Jesus loves them, how He will never leave them, and how He has a great plan for their lives. When the volunteer's hand is clean, reiterate that it's Jesus who makes us new, so we can follow Him and the plan He has for us, and it's not anything we can do on our own—only Jesus can make us new.

When referring to any Scriptures, hold up the *Book of Hope* that you are distributing and point to it.

Play Doh

What You Need:

- 2 Different Colors of Play Doh (Preferably two primary colors so they mix well)

Make two balls of playdough with two different colors. One of these colors represents you, and the other color represents Jesus. (For the sake of this illustration, blue will represent us, and red will represent Jesus.)

Now take these two balls of playdough, and begin to slowly mush them together, working them into one another. Do this for about 10 or 15 seconds and stop. Talk about how this action is like asking Jesus to come and live in your heart. You get to know Jesus more and more by telling and showing Him how thankful you are through praising and worshipping Him, by reading the Bible, and by talking to Him in prayer.

Continue mashing the Play Doh together.

Soon, the blue begins to disappear into the red, and the red into the blue. There are still strands of blue winding around the red, but as you work at it more, twisting and smashing and pulling, you notice that it's changing! This is exciting! You begin to see changes, so you work at it more and more. This is similar to what happens to us in our real life relationship with Jesus! I say *work* only because this is a relationship. Relationships take work. They take time and energy and devotion to really become strong. The cool thing about our relationship with Jesus is that we don't change ourselves—*He changes us*. God is working on the inside of you; the Holy Spirit changes the way you think and impacts how you want to act. This causes Jesus to shine brightly through you.

Eventually, if you work the Play Doh enough, the blue and the red are no longer distinguishable. The two colors have merged into one, and you now have one ball of purple Play Doh—a new creation! This is a color that previously did not exist on your table. It's the same way with you! When you invite Jesus to come and live in your heart as your Lord and Savior, He does! He dwells within you. He becomes a part of you, and you become a part of Him. You become a new creation ([2 Corinthians 5:17](#)), and with God's grace, you and Jesus will grow to be just as indistinguishable as the red and blue Play Doh.

Take the ball of purple Play Doh; hold it in your hand and ask: "Can you separate the red from the blue? ... No? Hmm... That's funny because it's the exact same way with Jesus.

Nothing—no one—nowhere—ever—can separate you from Jesus and the love He has for you! He will *never* leave you or turn His back on you.”

Scriptures for the Closing of the Object Lesson

When referring to any Scriptures, hold up the *Book of Hope* that you are distributing and point to it.

- “The Lord, Himself, goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid, do not be discouraged” ([Deuteronomy 31:8](#) NIV).
 - *Paraphrase: The Bible says that God will never leave you, and because He’s always with you, you don’t have to be afraid.*
- “And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of Hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord” ([Romans 8:38-39](#) NLT).
 - *Paraphrase: The Bible says that nothing can separate us from God’s love. Nothing we do can make God stop loving us!*

M&Ms

Items Needed: An M&M (or 2!)

For Older Audiences

1) M&Ms are marked with an "M."

Christians are marked or sealed with the Holy Spirit of God and for a specific purpose; we're marked for ministry!

2) M&Ms come in a variety of colors.

God has created each of us in many unique ways. Although we are all called to ministry, we are each uniquely gifted and have different backgrounds and personalities.

Think about it; just like M&Ms have different colors, we each have different gifts:

- Some are RED— they are bold.
- Some are BLUE—calm, dependable .
- Some are YELLOW—friendly, positive.
- Some are GREEN—organized, practical.
- Some are ORANGE—assertive, outgoing.
- Some are BROWN—warm, inviting.

God has His way of blending our background, personality, and spiritual gifts to form us into unique, individual ministers for His Kingdom!

3) M&Ms are filled with chocolate—the best part!

Christians are filled with God's love!

For Younger Audiences

M&Ms can teach us about God!

Just as M&Ms are all different looking on the outside with their vibrant colors, so God has created each of us uniquely with specific gifts and talents.

Like an M&M, we may look different, but we are all created to be filled. M&Ms are filled with chocolate—yum! It's the best part! Similarly, we were made to be filled with God's

love—even better! Without the chocolate, an M&M is just a weak shell with really no taste. In the same way, without God's love in us, we are weak and empty, too.

Just like M&Ms are made to be shared with others, God's love is made to be shared through telling others about who Jesus is.

(If you brought enough M&Ms for the entire group, give one to each child as a reward for patiently listening!)

Addiction

What You Need:

- A zippered jacket
- Yarn
- Scissors (Optional)

What You Do:

You can do this two ways. The following is if you do the object lesson as as you talk about it. The other option is to simply have the volunteer put on the jacket, zip it up, and put their hands out. Tie their hands together and have them try to get out of the jacket. While they are struggling to take the jacket off, start using the indented segments below to talk about how the object lesson relates to addiction and being set free through Jesus.

Ask for a volunteer. Have them put on the jacket, zip it up, and put their arms out in front of them.

If you're speaking while the object lesson is going on, talk about how putting on the jacket is similar to making those initial decisions to try drugs or look at pornography, etc. You could have the person take the jacket on and off as you talk about trying things on but then being able to stop doing them. Some things like drugs, alcohol, and pornography are difficult to stop once you start them.

Be sure they put the jacket on at this point and zipper it. Tie their hands together with the yarn, so they can't separate them. As you tie their hands together, talk about how drugs and pornography are sneaky. You keep thinking you can stop at any time, but soon you're so addicted that you can't. These things become all you think about all of the time. You spend all your money on drugs or all of your time on your computer looking at images you shouldn't. Before you even realize it, you're trapped. In fact, you're a slave to these things.

And you can't stop.

Ask them to take the jacket off.

Even if they can take the jacket off, they will not be able to completely remove it because their hands are tied together. The only way they can take the jacket off is for their hands to be freed.

Talk about how this is the same with addiction. You need a radical change to be freed– a change that only Jesus can bring. When you trust Jesus, He gives you the strength to

overcome addiction through the power of the Holy Spirit. Jesus can cut the string. Remove the string or take a pair of scissors and cut the string.

Talk about how this is what happens when we trust Jesus with our lives. With His power, He can free us from being a slave to drugs or alcohol or pornography. He can make us new again.

Have volunteer remove the coat. Celebrate that he/she can now take the coat off; this represents being free from addiction. Have the volunteer return to his seat.

Scriptures for the Closing of the Object Lesson

When referring to any Scriptures, hold up the *Book of Hope* that you are distributing and point to it.

- 2 Corinthians 5:17 – “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun.”
- 2 Corinthians 3:17b – “Where the Spirit of the Lord is, there is freedom.”
- John 8:36 – “So if the son sets you free, you are truly free.”
- 1 Peter 5:8 – “Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.”
- Romans 8:1-2 – “So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.”

Gospel

What You Need:

- 2 - 4ft lengths of yarn or thin rope (optional two different colors)
- 2 - Volunteers

This object lesson needs to be practiced.

What You Do:

ASK: "Who would like to participate in a bit of brain teaser?"

Select two volunteers, and invite them to the front. Have them stand on either side of you. Turn to the volunteers, and explain that you are about to link them together with yarn.

Take the first piece of yarn and tie the ends around each of the first volunteer's wrists. Take the second length of yarn and loop it through the circle you just created with first volunteer.

Then tie the second piece of yarn around the second volunteer's wrists. The two volunteers should now be linked together.

SAY: "Here's the brain teaser; I need you two to get yourself unlinked without untying the yarn from either of your wrists."

Give the volunteers a chance to try different ways to get unlinked from each other. Most likely, they will not know the secret to this trick but will try going under and around the different pieces of string, possibly getting tangled up in the yarn. (Just be sure they don't fall over while doing this.) Once you give them a moment to try, have them stand back up as you explain the object lesson.

SAY: "OK, so this is pretty impossible, right? I don't think you'll ever break free from that yarn. The same is true when it comes to our relationship with God. Because we have sin in our life, we are separated from Him, and there's nothing we can do on our own to make it right again. The Bible says we are actually slaves to sin! And only God could do something to make us free! And if you want to be free from being linked to each other, you need me to do something."

Unlink the volunteers. Take the middle of one length of yarn and thread it through the loop around the other person's wrist. The yarn should be on the front side of the wrist. Just pull enough yarn through the loop to go over the person's hand. Then pull the yarn out the back side of the hand. If done correctly, the two volunteers should be free.

SAY: This is what Jesus does for us. Jesus makes us free! Because Jesus lived a perfect life, died on the cross, and rose back to life again, our sin is forgiven. All we have to do is believe, and God's forgiveness is a gift that makes it possible for us to be free and live forever with Him.

Scriptures for the Closing of the Object Lesson

When referring to any Scriptures, hold up the *Book of Hope* that you are distributing and point to it.

- John 8:36: "So if the Son sets you free, you are truly free."
- Romans 8:1-2: "So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death."
- Ephesians 2:8-9: "God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it."

Identity and Self-Worth

What You Need:

- A Clear, Small Mason Jar or Plastic Cup
- A Large Pitcher (should hold at least 3x the amount of water as the jar/cup)
- Clear 9x13 Baking Dish or Plastic Container
- Food Coloring (the darker, the better)
- Table or TV Tray

NOTE: All of these can be plastic, but they must be transparent for the lesson to work.

What You Do:

Prefill jar/cup and pitcher with water.

Set all the items on top of the table.

Hold up the jar/cup as you talk about the lies we tell ourselves about our identity. With each negative thing you mention, add a drop or two of food coloring to change the color of the water.

Hold up the jar and say something like: When you wake up in the morning, you might feel like this jar of water. Totally clear of any negative thoughts about yourself, just ready to take on the day. But then you might head to your bathroom, catch yourself in the mirror. You think, “Wow. My hair is the WORST!” (Add a few drops of food coloring.) “I wish I was stronger!” (Add a few drops of food coloring.) “If only my nose wasn’t so big.” (Add a few more drops of food coloring.) “If only I wasn’t so overweight...” (Add a few more drops.)

But that’s just the beginning. You hop on your smartphone. You start scrolling through the images you see on social media. All of these famous people with their “perfect life”... you wonder why you can have hair like that (add a few drops), muscles like that (add a few drops), a fancy car (add a few drops), a mansion (add a few drops).

You may start to think you’re worthless (add a few drops) and have no value at all (add a few drops).

Hold up the jar filled with colored water.

And this how you go about your day. These negative thoughts are all you can think about. They change the way you see your friends and family—the way you see yourself. You’re never happy. And you may wonder why you’re even here at

all. But that's not the way it has to be. (Place the jar in the middle of the 9x13 pan or clear Tupperware container.) But that's not how God sees you. When you read the Bible, you hear the Truth about what God thinks about you.

(Pick up the pitcher of water. Each time you say one of these positive things pour some water from the pitcher into the jar. Even when it starts overflowing, just keep pouring. The clear water will eventually replace the colored water, but the kids won't know that because the water in the Tupperware will be tinted and make all of the water look like it's tinted as well.)

God says...

You are made in His image.

You are a masterpiece.

You are the crown of creation.

You are set apart and special.

You are made new through Christ.

You are free.

You are beloved.

You are adopted into God's family.

You are forgiven.

You are wonderfully made.

You are God's workmanship.

You are never alone.

You are whole in Christ.

You are washed clean.

(Pour out whatever is left in the pitcher. Pick up the jar from the Tupperware. The water should be clear at this point.)

Talk about how because of Jesus, this is how God sees you. This is your identity.

Your self-worth should be based on what God thinks about you as His creation.

Ignore what the world says; ignore the negative things you say about yourself.

Combat those thoughts with the Truth of God's Word!

Scriptures for the Closing of the Object Lesson

When referring to any Scriptures, hold up the *Book of Hope* that you are distributing and point to it.

- Psalm 139:14 – “Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”
- Genesis 1:27 – “So God created human beings in his own image. In the image of God he created them; male and female he created them.”
- Ephesians 2:10 – “For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

- 1 John 3:1a – “See how very much our Father loves us, for he calls us his children, and that is what we are!”
- 1 John 4:9-10 – “God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love — not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.”

Peer-Pressure

What You Need:

- A Small Clear Mason Jar
- 2 Balloons (one for each part of the object lesson)
- Tea Light Candle
- Long-Tipped Lighter
- 6-inch Piece of Ribbon

This object lesson needs to be practiced.

What You Do:

Prepare ahead of time. Blow up the balloons so they have air in them but are not too firm. Place the tea light in the bottom of the mason jar, but don't light it yet. For this object lesson, you can teach as you do the activity.

Start this lesson talking about the negative peer pressure that the audience might face. You can do this by either naming them yourself or asking for ideas from the audience. These might include: taking drugs, joining a gang, having sex, drinking, going to parties, stealing something, etc.

Talk about how these pressures might come from friends or family, but they also might come from what we see on TV or social media or the music. We see a lifestyle that looks fun even though it's not good for us, and we might be pressured to try and mimic that life for ourselves. But we need to watch out because this is what might happen if we start to give in the negative peer pressure around us.

Light the candle and place the balloon on top, but do not push down or the balloon will pop. Comment on what's happening. If you don't have a lot of kids in the room, you can have them come around you to watch.

As the oxygen leaves the jar, the candle will go out creating a suction for the balloon. The balloon will sink down into the jar and get stuck. If it works, you should be able to pick up the jar with the balloon.

Talk about how this is what happens when we give into the negative peer pressure around us. We get stuck doing things that we shouldn't be doing – and maybe even don't want to be doing. But this isn't how we have to live. We can make a different choice.

Remove the balloon from the jar, and place it off to the side.

Pick up the ribbon and place it on the rim, so half of the ribbon is inside the jar and half of the ribbon is outside the jar.

Talk about how the ribbon represents the voices you should be listening to such as friends that offer positive peer pressure and encourage you to do the right thing or God's Word that helps us understand the wisest choice we can make in any situation. When we surround ourselves with those positive voices, we have a harder time giving into negative peer pressure. Like this.

Light the candle again. And place the second balloon on top of the jar. (You can try using the same balloon, but we would suggest using a different balloon. When we did this for the video, the balloon tore a bit and started leaking air due to the heat.) The same thing will happen to the balloon when the candle goes out and causes the vacuum. Only this time, the balloon won't be stuck.

Slide the ribbon out of the jar and the balloon should come right out. Talk about how we need to surround ourselves with people who will encourage us to do the right thing. We should read God's Word and pray for God to help us when we face negative peer pressure. We don't have to get stuck. We can trust God to provide a way for us to escape.

Scriptures for the Closing of the Object Lesson

When referring to any Scriptures, hold up the *Book of Hope* that you are distributing and point to it.

- Proverbs 13:20 – “Walk with the wise and become wise; associate with fools and get in trouble.”
- Romans 12:2 – “Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.”
- 1 Corinthians 10:13 – “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”
- Psalm 119:11 – “I have hidden your word in my heart, that I might not sin against you.”