

Multiple Me's

THE CONVERSATION:

It's easy to act one way when we are at church and then a different way when we are in other situations. But God calls us to pursue lives of consistent character—not a life of “multiple me's.” In this lesson, your students will examine the temptation to change who they are in different situations. They'll discuss the value of consistent character and how it can point people toward Jesus.

CONVERSATIONS STARTERS:

Start with Two Truths and a Lie. Have students each share three “facts” about themselves, but only two of the statements are true; the third “fact” is actually a lie. Give everyone a chance to participate, and see if everyone can identify what is true and what isn't.

- Whose lie was the easiest to guess and why?
- Whose was the hardest and why?
- Think about the lie you told. How would your life be different if you have to live as if it was the truth? What changes would be required to build your life on this lie?

Teaching Moment: It's tough to live a life that's based on a lie. That's why it's so important for us to pursue lives of consistent character—being the same person, regardless of who we're with or where we are. God knows you can't live a perfect life; we all struggle with sin, and we're works in progress. But we don't have to be defined by “Multiple Me's.” We can be known for our faithfulness and consistency.

SCRIPTURE TO LOOK AT: 2 Timothy 4:5-8

KEEP THE CONVERSATION GOING: Let's spend a few minutes talking about the challenge of “Multiple Me's” and why it's so important to lead lives of consistency.

Topic #1 - Being the real you and living a consistent life is a worthwhile goal

Teaching Moment: The verses we just read come from a letter that the Apostle Paul wrote to Timothy, a young leader among the early Christians. Focus on what Paul wrote in verse 7—he had remained faithful as a follower of Jesus. Living a faithful life means being consistent—being the same person on Sunday mornings and Wednesday nights and Friday nights. It means putting God first in all areas of our lives.

- Is it easy or tough to be a Christian? Explain.
- What are some of the challenges to remaining faithful and consistent as a follower of Jesus— especially specific situations in your life that make it difficult?
- What tempts you or your friends to behave differently in different situations?
- Is it easier to decide how you are going to act when a tough situation comes up—at the moment it's happening—or ahead of time? Why?

- What are some consequences of having “multiple me’s” in life—in other words, living an inconsistent life?

Topic #2 - Being the real you and living a consistent life isn’t a perfect life

- Is it possible for you to live a perfect life? Why or why not?
- What do you think is the difference between perfection, which we can’t achieve, and consistency and integrity, which God wants to see in our lives?
- If you’re striving to live a consistent life with God’s help but you mess up, what should you do?

Teaching Moment: The Apostle Paul wasn’t a perfect guy, but he lived a life that made a difference. With God’s help, he did his best to live faithfully and consistently, and that helped him have a huge impact on people’s lives. Deciding to do things God’s way isn’t always the easy road, but it’s the best road. When we decide that we are going to be fully committed to doing things God’s way, we will still mess up sometimes. That’s why forgiveness is so cool! And when we do make a mistake, God can use that situation to build our character.

Topic #3 - Being the real you and living a consistent life points people toward Jesus

- What are some benefits and rewards of living a consistent life?
- Why might a consistent life point your friends toward Jesus? How is a consistent life an effective demonstration of Jesus and his love?

Teaching Moment: When we decide ahead of time that we are going to be a person of consistent character—not “Multiple Me’s”—God will bless our efforts. It’s a way of showing the people around you that you’re genuinely committed to following Jesus and that your friendship with Jesus really makes a difference in your life. Remember: You aren’t trying to live a PERFECT life, just a CONSISTENT life.

LIVE IT OUT:

- From our discussion today, which idea had the biggest impact on you, and why?
- What daily choices or habits can help you live a more consistent life? Which of these can you begin tomorrow or this week?
- The Bible says in 2 Chronicles 16:9: “The eyes of the Lord search the whole earth in order to strengthen those whose hearts are fully committed to him.” Let’s all take about a minute to close our eyes and really reflect on this verse. [Pause for about a minute.] Are you this kind of person—one whose heart is fully committed to God? If not, what is one step you can take to move in that direction?

MEMORY VERSE: James 1:22

“But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves.”