

SET

APART

---

Writer: Andy Bradley  
Editor: Sue Verner  
Designer: Kaeli Hearn

# Lesson 3



Lesson 3:  
Be Like Jesus



Bible Verses:  
Philippians 2:1-13; Ephesians 2:10



**Bottom Line:**  
God Himself came down and showed us what it means to be holy, and by imitating Jesus we are letting God “chisel” us into the masterpiece of holiness He always intended us to be.

# SUPPLIES

- At least 50 balloons
- An oversized sweatshirt for every group of four students
- A picture of a bodybuilder (for the lesson, there is a picture of Ronnie Coleman available at <https://www.stansgym.com/famous%20Christian%20strongmen/images/ronniecoleman4ky7.jpg>.)
- A computer to show this YouTube video from the Skit Guys called “God’s Chisel”; you can find it at <https://www.youtube.com/watch?v=AhfUzodLRvk> (the run time of the video is 9:15).
- A way to show the picture and video (you can choose to print out the picture if you want but you will need a way to show the video like a projector, TV, etc.)

## OPENING GAME

### Muscle Beach

Form teams of four with at least one guy on each team.

Have each team choose a guy to represent it, and then ask those chosen guys to come to the front and put on an oversized sweatshirt.

The object of this contest is to make a “muscle man” for “muscle beach.”

Each team will blow up, tie off, and stuff as many balloons as it can into the sweatshirt of its muscle man.

The goal is to make your guy as “muscular” as possible.

Break open the packages of balloons, and put them in the center of the group.

Set a certain amount of time (i.e. two minutes or so) for each group to blow up the balloons and stuff their muscle man.

At the end, judge who is the most muscled person and then see which group can pop their balloons the fastest.

If time allows you can play the game again, choosing other students to wear the sweat shirts or re-dividing teams.

# TEACH

Ask the students the following review question.

What does “holy” mean? (Set apart)

Why does God want us to live holy lives? (So we can identify with Him)

Why is holiness a big deal to God? (Because it is who He is)

What was our main verse from the last lesson? (1 Corinthians 5:6)

How can having friends help us be holy? (By choosing to be around those who can help us be holy instead of ruining us spiritually)

You can ask more questions from the previous lesson if time allows.

So, in our game, we flexed our muscles with a little help from our group and some balloons.

For those who were the muscle men in the game, how did it feel to get so muscly so fast without any work at all?

Allow students to answer.

Wouldn't it be cool if everything worked that way? How would life be easier?

Let students come up with some ways; answers will definitely vary.

Unfortunately in the real world, things don't happen so quick and easy.

It takes hard work for things to pay off; as the saying goes, no pain, no gain.

At this time you can show or pass around the picture of Ronnie Coleman.

In the world of muscles, Ronnie Coleman is a big deal.

Ronnie Coleman has won Mr. Olympia for eight straight years, which is the record for the most titles.

Mr. Olympia is the competition of the strongest and most overall fit men to see who is the most muscular.

It has been said that he can bench 495lbs and squat 800lbs.

Ronnie wasn't born in the hospital that size. He has spent year after year working at the gym to get to the size that he is now.

We have spent the last lessons unpacking what holiness is and how it affects the people we hang around every day.

But in this lesson we are going to talk about the fact that holiness is a process. It is life-long journey of letting God make you into who He has designed you to be.

So, what does holiness look like in our lives?

Have a student read **Philippians 2:1-4**.

If we want to be holy, if we want to be on God's team and identify with Him, then we have to live like Him.

Paul was telling the church in Philippi that for the church to be holy it had to work together, it had to work at following the life that Jesus lived and imitate Him.

God knew that we would really have no idea how to be set apart on our own, so He sent His Son Jesus to live a life that was set apart as an example of how to be holy.

We have to work together as Christians to help each other be holy.

Think about Ronnie and the gym.

He can't just go into the gym and start lifting all those heavy weights by himself; he has to have a spotter to help him.

A spotter is someone you can trust to watch you as you lift so that if you can't pick up the weights for that last repetition they can help you put the weight down or back on the weight rack.

Ronnie needs a spotter, and he also stops to be a spotter for other weightlifters as well; these guys at the gym always try to help each other out.

We all are meant to imitate Christ and how He lived in order to be holy.

So if we all have to imitate Christ together, then we should be helping each other.

Paul says that we should not **"look out only for your own interests, but take an interest in others, too"** (NLT).

Who is your spotter? Who do you help?

Have a student read **Philippians 2:5-11**.

Jesus, being God Himself, took on the form of a human to show us how to live a holy life.

We can be set apart like God calls us to be if we take His word and follow it; if we take what the Bible says and live it out in our lives.

God exalted Jesus because He lived the perfect life that God required.

We are sinful and we will always be that way on this side of eternity, but that is why God gave us Jesus.

Jesus died on the cross to give us the opportunity to be with Him in heaven forever.

Believing in Jesus' death and resurrection makes us a Christian, and being holy is the work that we do as Christians to be more and more like Him.

Those spiritual muscles come in handy when tough times come; they help comfort us when we get our backs against the wall.

We can rely on Jesus to help us because He has been there before.

He has lived a life of obedience to God even to death on a cross.

Being holy is trusting in the life that Jesus lived and following Him in obedience to what God needs us to do.

**Have a student read [Philippians 2:11-13](#).**

Being holy requires that we take on the attitude of Jesus.

We become humble, putting the needs of others before our own.

We become unselfish, knowing that we are just one actor in a world-wide show of helping grow God's kingdom.

We become different, taking on the qualities of Jesus instead of what the world says is the cool thing to do.

The things that we do don't save us; that's God's part. However, the kind of life we live helps us grow in our salvation.

When you strive to be holy you put God first. His Word leads your life.

It takes time to "chisel" out your muscles like Ronnie did. It takes hard work and dedication.

But when you let God work in you, as Paul said, "**giving you the desire and the power to do what pleases Him**" (2:13, NLT), He has to "chisel" out the parts that don't please Him.

Since working out with weights is not everyone's cup of tea, think about making a piece of art.

If you make a sculpture, whether out of marble, ice, or like most of us, playdoh, you start out with a block.

Blocks are not too pleasing to the eye.

But as you work, molding it, shaping it, and tearing off pieces that don't belong, you finally begin to see something.

God does the same with us.

Have a student read [Ephesians 2:10](#).

At this point, you can show the video "God's Chisel" from Skit Guys.

You may think you are nothing but a block, but God sees in you a masterpiece.

Being holy requires that we make sacrifices, that we get rid of the things in our lives that are not pleasing to God such as pride, lust, envy, and disrespect.

Will you let God "chisel" you?

Will you allow Him to take away the things in your life that don't belong?

As we pray, think for a minute about your life and the things that you know that God wants you to get rid of.

What are you holding back from letting Him make you into His masterpiece?

Pray with students as you close the lesson that God would show them what problem areas in their lives they need to give up and let Him chisel away, asking Him to make them into the masterpieces He sees in them.