

August 12-18 Romans 7-16

"OVERCOME EVIL WITH GOOD"

The introduction in the CFM manual for this week says, "Only a few gospel principles in Romans 7-16 can be included in this outline, so don't limit yourself to what is addressed here." There really were SO many great things in these chapters and in the manual that had really good lessons in them, but these were the ones that I felt would be the most beneficial to us.

1. **God Loves Me-** Watch/discuss "God Loves You!" on YouTube <https://www.youtube.com/watch?v=LXH4YIbO4Ls>
 - Cut out the heart pictures that say "God Loves Me." Attach them onto each kid's shirt with a safety pin.
 - Read/discuss/summarize Romans 8: 38-39. Can anything separate us (take us away from) the love of God? Talk about examples (if you go up high in a mountain, will the love of God be taken away from us? Could a big creature like an elephant take the love of God away from us? Etc.)
 - Tell them that just like this heart is stuck on their shirt, God's love is something that is always with us, even if we can't see it.
2. **Sunshine Walk** (idea from Primary manual) Go outside to feel the sunshine. How is the sun like Heavenly Father's love? Even though it's far away, it can help us feel warm. We know God loves us because He gave us the sun.
 - If time/interest: While outside, also do a scavenger hunt to find other things that make you happy and also help you feel God's love. Printable picture scavenger hunts can be found here: <https://ziggityzoom.com/scavenger-hunt-printables-for-kids/>
 - Watch/sing "My Heavenly Father Loves Me" <https://www.youtube.com/watch?v=V8FdW0diox4>. Tell them to pay attention to all of the different ways we can know Heavenly Father loves us.
3. **Wolf Story/Bags** – Since God loves us so much, does that mean we can do whatever we want and our choices don't really matter? (No). Read/discuss/summarize how Paul felt like there was "warring" within himself (Romans 7:23). Sometimes in our lives we make bad choices and sometimes we make good choices, so it can feel like the bad and good things we do are fighting each other. God does still love us when we make bad choices, but He wants us to learn from them and keep trying to become more like Him and full of the good things. Give examples of evil and good choices we can make. Review who Paul was. He taught us to "be not overcome of evil, but overcome evil with good." This can be talking about evil in the world and evil in ourselves. What does it mean to overcome evil in ourselves? Read/discuss/summarize the wolf story from the talk "Agency and Accountability" by Elder Shayne M. Bowen (the first section in this link): <http://media.ldscdn.org/pdf/magazines/liahona-september-2012/2012-09-18-agency-and-accountability-eng.pdf> .
 - **Wolf Bags:** Glue the good/evil wolf heads either onto paper bags or attach the mouth to Ziploc baggies.
 - **Wolf Food:** Cut the "wolf food" pieces apart and take turns choosing them out of a pile one at a time. Read them to decide if it's something that would feed the "evil" wolf or the "good" wolf. Put it in the bag for the wolf it's feeding.
 - Encourage them to think about which wolf inside of themselves they're "feeding" with the choices they make each day. Discuss ways we can help make the "good wolf" inside of us stronger.
 - Brainstorm some real-life examples of times it might feel like the wolves are fighting. Possible examples:
 - You really want a cookie, but Mom said to wait until after dinner. Do you sneak one now and lie about it or wait like she asked you to?
 - You find some money that's not yours. Do you keep it or try to figure out whose money it is so you can return it to them?
 - Look at these pictures from *The Friend*. In what ways do you think kids in these pictures might be feeding the "good wolf"? What are some good things you could do if you were in these places? <https://www.churchofjesuschrist.org/study/friend/2004/08/always-choose-the-right?lang=eng>
4. **God Helps Me Have Victory Over Evil Ribbons-** Because God loves us, He wants the "good" wolf inside of us to win. He wants to help us have victory over evil. Show pictures of "victory" to help them understand what it means (could use some pictures from here <https://www.pexels.com/search/victory/>). How do you feel when you have victory (when you win something)?

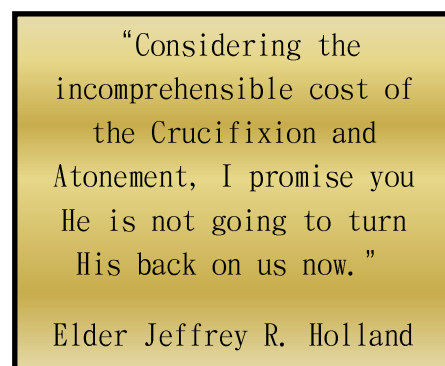
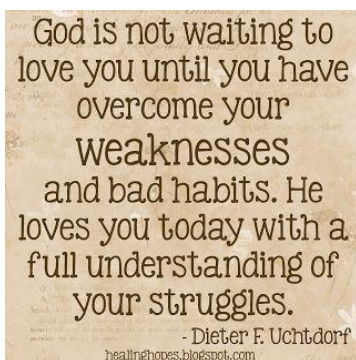


- Romans 8:37 says that “we are more than conquerors through him that loved us.” (Note: the Greek translation of “more than conquerors” is “abundantly victorious” and “winning an overwhelming victory”). Who loves us? (Heavenly Father and Jesus). Because they love us and because of their grace, they will help the good inside of us win over the evil in a really big way if we have faith in them and follow them.
 - Look at the wolves again. Which wolf had more? That one was the one who was the winner (victorious)!
 - Print up the ribbon sheet and remind them that God is on our team and wants to help the good inside of us win and have victory over evil. Color each ribbon as you read it and discuss how God can help us overcome evil and the blessings we get when we overcome evil.
5. Faith Comes by Hearing the Word of God – One thing that can help us have “victory” over evil is listening to the word of God. Read/discuss Romans 10:17. Explain what “the word of God” means and when we can hear it.
- Show pictures of family scripture study, church, the prophet, and *The Friend* magazine (below). Ask them to tell you what’s going on in the pictures. Talk about how each of these helps us hear God’s word.
 - Romans 15:4 tells us that the scriptures are written to help us learn and have hope. How can hearing the word of God give us more hope?
6. Heart Chain Craft (I Know God Loves Me Because...)-
- Remind them that Heavenly Father wants us to get victory over evil because He loves us. How do we know He loves us?
 - Look at pictures from this page of *The Friend* <https://www.churchofjesuschrist.org/study/friend/2005/08/for-little-friends/what-makes-you-smile?lang=eng>. Talk about how each of these things can help us feel Heavenly Father’s love. What are some other things that make us happy and can help us feel God’s love?
 - At the end of each day, think of things that happened that showed God’s love for us. Using colored paper, cut out hearts to make a heart paper chain (directions for making chain: <https://www.momtastic.com/diy/175451-chain-of-hearts-craft/>)
 - For each thing they can think of, add another heart onto the chain and write/draw it on that chain. At the end of the week, talk about how big the chain has gotten and remind them that God loves them lots!
7. Easy Gold Medal Cookies - Use Oreos and fruit roll ups to make these edible medal cookies and remind them that God loves us and wants to help the good in us win (have victory) over the evil things. Read/discuss/summarize Romans 15:13-14 and remind them that as we have faith in God and try to be full of more good than evil, God will fill us with joy, peace, and goodness. Gold Medal Cookie Instructions: <https://thegiftedgabber.com/easy-gold-medal-cookies/>



Additional Ideas:

- God Loves Me Mobile Craft <https://www.kayleenwest.com.au/portfolio/free-kids-craft-activity-download-jesus-loves-me-mobile/>
- God loves you to pieces craft <https://ministryark.com/craft/god-loves-you-to-pieces-craft/>
- God loves me pop=open heart to put picture in <https://www.sundayschoolkids.com/activities-love/1-valentine-pop-up-surprise-instru.htm>
- God Loves Me Veggie Tales Song <https://www.youtube.com/watch?v=3ch239kCT3Q>
- Paul gave thanks to people who helped him (Romans 16:1-4). Have kids write thank you cards to people who have helped them (can use printable thank you notes on page 9 of the May 6-12 lesson <https://emiscrafty.files.wordpress.com/2019/05/cfm15.pdf>)
- Lots of other fun printables <https://www.theredcrystal.org/post/overcome-evil-with-god-aug-12-18>
- These quotes didn’t really fit into this lesson for my kids, but I love them and couldn’t leave them out, so here they are: ☺





Wolf Food: Read the wolf story from the talk “Agency and Accountability” by Elder Shayne M. Bowen. Cut these “wolf food” pieces apart and take turns choosing them out of a pile one at a time. Read them to decide if it’s something that would feed the “evil” wolf or the “good” wolf. Put it in the paper bag for the wolf it’s feeding. Encourage them to think about which wolf inside of themselves they’re “feeding” with the choices they make each day.

**“CLEAVE TO THAT WHICH IS
GOOD” ROMANS 12:9**

**LISTEN REVERENTLY AT
CHURCH**

**TELL YOUR PARENTS
YOU’RE NOT GOING TO
STUDY SCRIPTURES WITH
THE FAMILY**

**“BE KINDLY AFFECTIONED
TO ONE ANOTHER WITH
BROTHERLY LOVE”
ROMANS 12:10**

STUDY THE SCRIPTURES

**BE “FERVENT IN SPIRIT;
SERVING THE LORD”
ROMANS 12:11**

STEAL

**“BLESS THEM WHICH
PERSECUTE YOU: BLESS,
AND CURSE NOT”
ROMANS 12:14**

LIE

**HURT SOMEONE BECAUSE
YOU’RE MAD AT THEM**

**“REJOICE WITH THEM THAT
DO REJOICE, AND WEEP
WITH THEM THAT WEEP”
ROMANS 12:15**

YELL AT SOMEONE

**FEED YOUR ENEMY IF HE’S
HUNGRY
ROMANS 12:20**

**HELP SOMEONE WHO GOT
HURT**

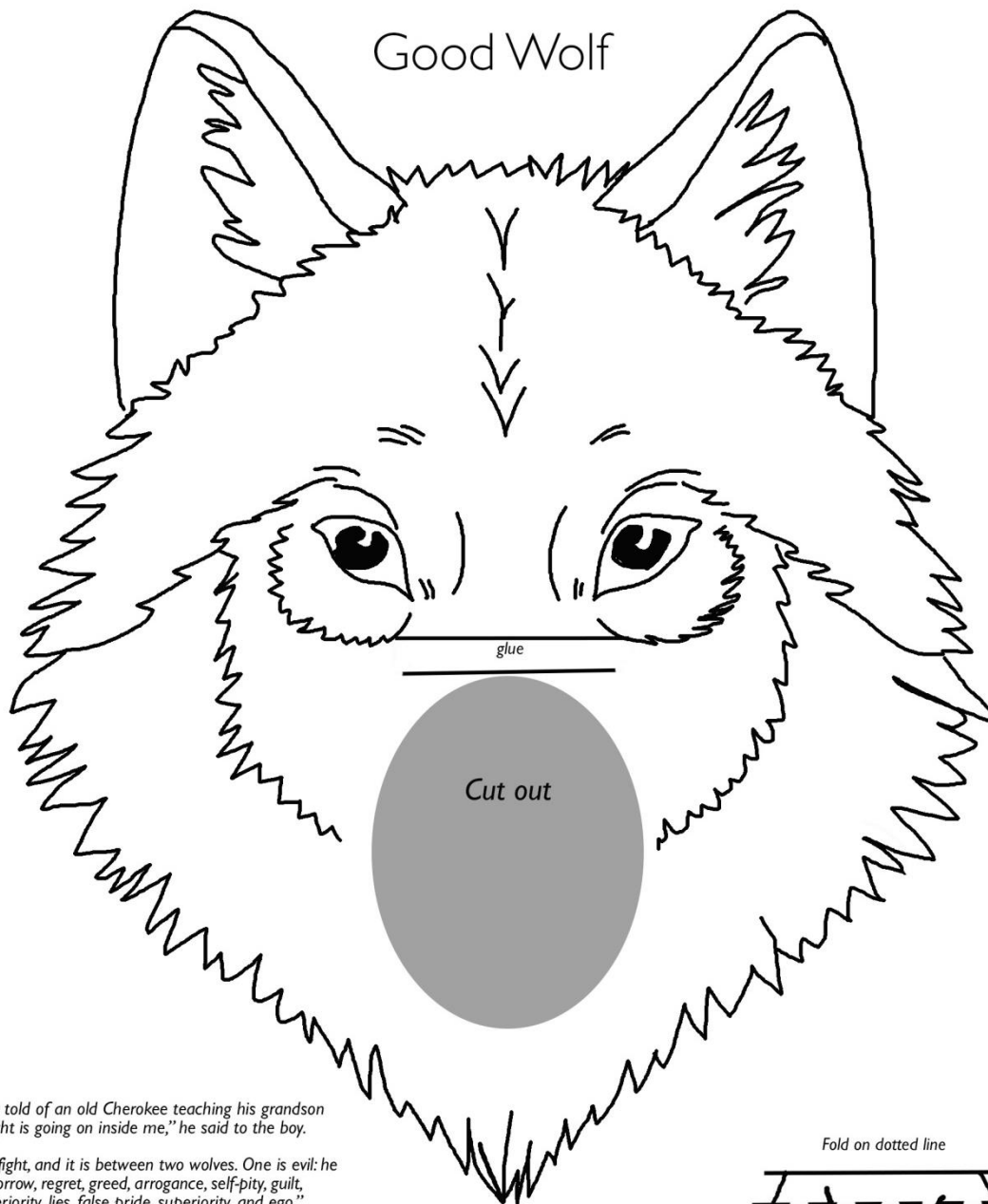
**GIVE A THIRSTY PERSON A
DRINK**

**SAY “THANK YOU” TO
PEOPLE WHO HELP YOU**

**THINK ABOUT JESUS AND
TRY TO BE LIKE HIM**

**LISTEN TO PROPHETS AND
APOSTLES**

Good Wolf Bag: Glue the wolf head either onto a paper bag or attach the mouth to a Ziploc bag. Cut hole where the mouth is. Attach snout above mouth hole. Have kids pull the snout up to feed the wolf the “good” wolf food pieces.



There is a story told of an old Cherokee teaching his grandson about life. “A fight is going on inside me,” he said to the boy.

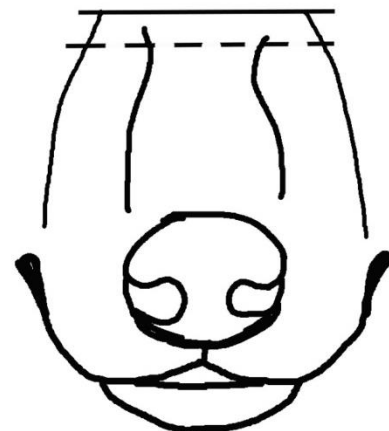
“It is a terrible fight, and it is between two wolves. One is evil: he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good: he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you —and inside every other person too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

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Cut out the gray circle and attach a bag to the back of the wolf.
Have the kids pull up and snout to feed the wolf.

Evil Wolf Bag: Glue the wolf head either onto a paper bag or attach the mouth to a Ziploc bag. Cut hole where the mouth is. Attach snout above mouth hole. Have kids pull the snout up to feed the wolf the “evil” wolf food pieces.



Bad Wolf

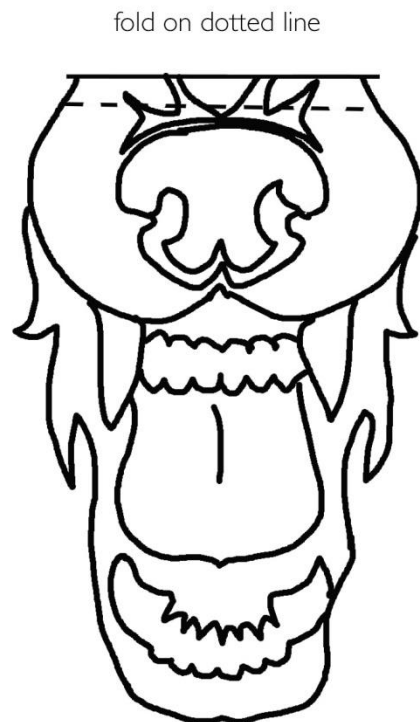
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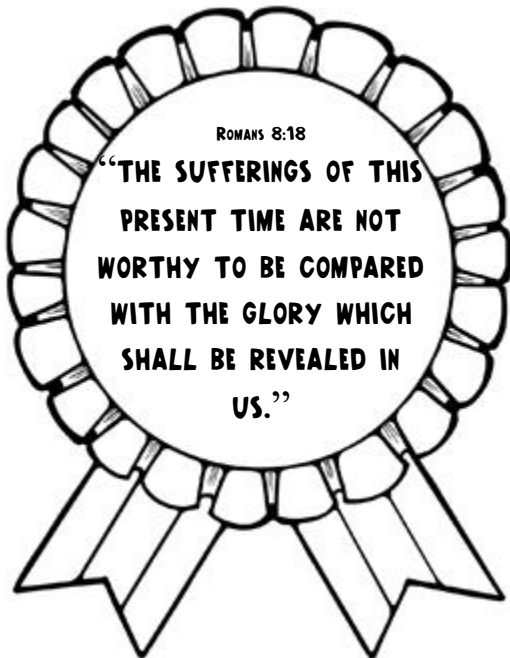
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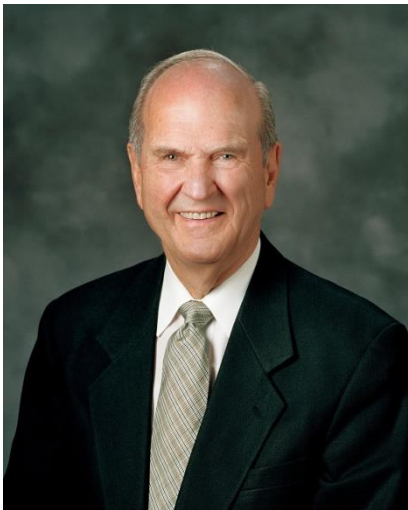


GOD HELPS ME HAVE VICTORY OVER EVIL

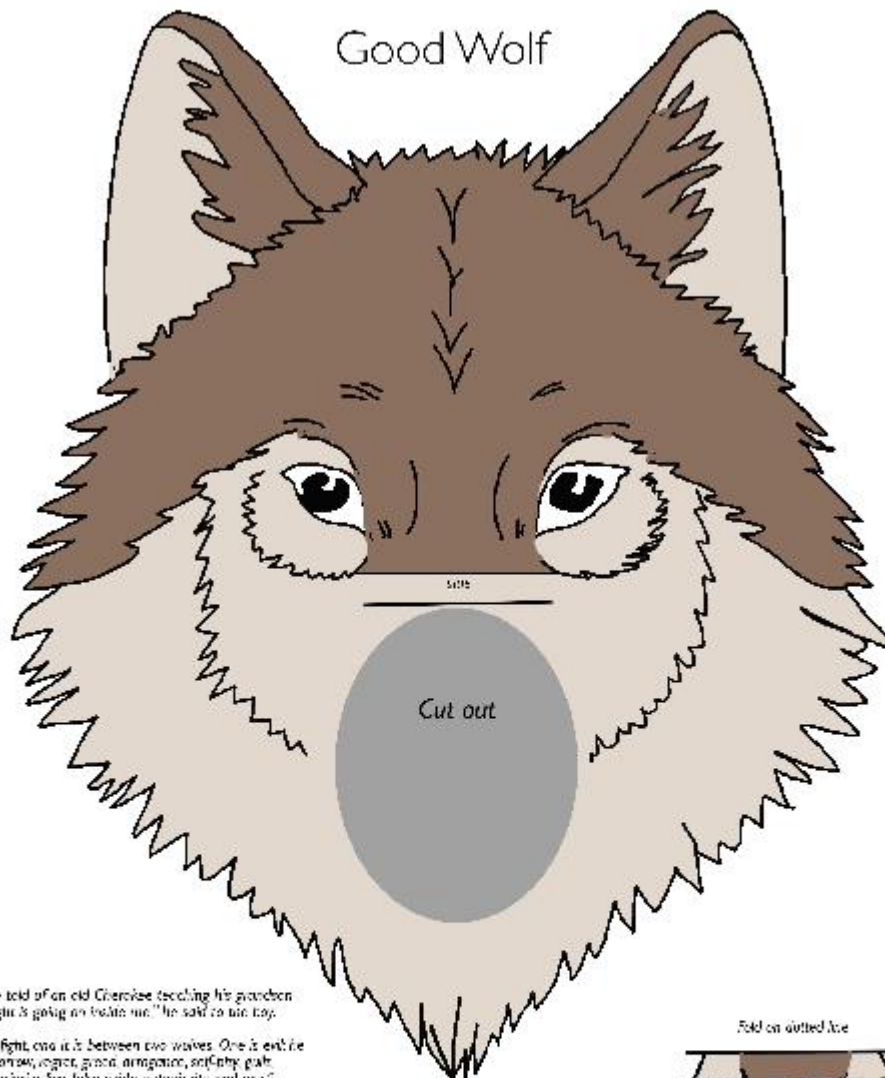
God is on our team and wants to help us win in our fight over evil. Color each ribbon as you read it and discuss how God can help us be conquerors over evil and the blessings we get when we overcome evil.



Faith Comes by Hearing the Word of God – Read/discuss Romans 10:17. Explain what “the word of God” means and when we can hear it. Show pictures of family scripture study, church, the prophet, and *The Friend* magazine. Talk about how each of these helps us hear God’s word.



Wolves in Color:



There is a story told of an old Cherokee teaching his grandson about life. "A fight is going on inside me," he said to me one day.

"It is a terrible fight, and it is between two wolves. One is evil; he is anger, envy, sorrow, regret, greed, arrogance, selfishness, guile, resentment, superiority, fear, false pride, jealousy, and ego."

He continued, "The other is good; he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you - and inside every other person too."

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Elder Shayne M. Bowen's article New Era Sept 2012

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