

Lesson 7 / January 17, 2021

# Our Perfect Role Model

By RLD Editorial Team

for use as  
**STEP 1**

**Lesson 7****Focus:**

Live like Christ.

**Lesson 7****Bible Basis:**

Ephesians 4:21—5:2

**Lesson 7****Memory Verse:**

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us. —Ephesians 5:1-2a

**Your students will look at rampant exposition of sexual misconduct in order to understand that there is only one person whose example we can confidently follow.**

**Materials:**
 None

Using the question below as a starting point, generate a discussion with your class concerning who our society holds in high regard.

➤ **As a culture, who do we look up to? Why?** (Presidents, judges, teachers, artists, athletes, actors, etc.)

**Our society is obsessed with success. Through social media and television, we scrutinize and copy every detail of powerful peoples' lifestyles in the hopes that we might be able to get a piece of the "good life." However, the same influence and renown that makes these people our heroes can also be used for evil.**

**In the last few years, reports of high-profile sexual misconduct, harassment, and abuse have flooded social media. Millions of people, from every walk of life, have spoken out against the sinful actions of CEOs, public figures, co-workers, and even friends and family. Last year, even Christian comedian John Crist canceled the rest of his comedy tour when rumors of his poor behavior started surfacing. Later reports stated that Crist had been abusing alcohol and sexually harassing women.**

**Whether it's politicians and celebrities or neighbors and Christian influencers, the pervasiveness of sexual mistreatment is astounding—both inside and outside Christian settings. With so many stories coming to light, it can be hard to know who to look up to.**

**Thankfully, there is Someone whose example we can always follow. Let's take a look.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Story Source: <https://www.charismanews.com/us/78703-john-crist-cancels-2019-tour-dates-after-reports-of-sexting-harassment-manipulation>

high school



Lesson 7 / January 17, 2021

# Our Perfect Role Model

for use as  
**STEP 4** 

**Lesson 7**

**Focus:**

Live like Christ.

**Lesson 7**

**Bible Basis:**

Ephesians 4:21—5:2

**Lesson 7**

**Memory Verse:**

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us. —Ephesians 5:1-2a

## Materials:

- Index Cards (1 per student)
- Pens/pencils (1 per student)

If your class is meeting online, invite students to bring index cards and pens/pencils to class with them.

**Thus far, we've discussed viewing the life of Jesus as a perfect road map for us to follow; however, actually knowing how to put this idea into practice can be tricky. After all, Jesus faced a very different environment than we do today. Nevertheless, the sins and temptations of this world have remained largely unchanged since the creation of humanity. Understanding the way Jesus responded to life's challenges, although circumstantially different, can give us direction when we don't know where to turn.**

Have students share a list of some of the fundamental virtues/traits that led Jesus through a blameless life. Allow students to use their Bibles (or permitted outside resources via smartphones) to help them construct this list. To help guide your students' thinking, some of His most recurring traits are listed below:

- **Compassionate**
- **Serving**
- **Loving**
- **Forgiving**
- **Committed**
- **Prayerful**
- **Gentle**
- **Patient**
- **Self-controlled**
- **Humble**

Hand out index cards and pens/pencils to your students. If your class is meeting online, invite students to have their index cards and pens/pencils ready.

Guide the class to use the traits and provided materials to create a “to-do” list, with each of the attributes representing an action that we should try to emulate. For example, using the list above they would create a “to-do list” that would have us showing *compassion* for those around us by noticing when others are hurting and finding ways to help.

Once your teens have their lists created, urge them to put these ideas into practice in the coming week. Challenge the class to work through their checklists each day, doing all of the actions listed and documenting any change that occurs in their faith in the process.

Close in prayer, thanking Jesus for giving us a perfect role model to look up to.

Additional Resources:

10 Character Traits of Jesus to Emulate

<https://www.whatchristianswanttoknow.com/10-character-traits-of-jesus-to-emulate/>

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