

# Cardboard Confessions

By RLD Editorial Team

for use as  
**STEP 1**



## Lesson 2

### Focus:

Once you meet  
Jesus you're never  
the same.

## Lesson 2

### Bible Basis:

Acts 9:15, 19b-22;  
22:5b-15

## Lesson 2

### Memory Verse:

So then, just as you received Christ  
Jesus as Lord, continue to live your  
lives in him.  
—Colossians 2:6

**Students will be reminded of the ways, large and small, that Jesus transforms the lives of those who follow Him.**

### Materials:

- Internet access
- Optional: smartphones with face-altering photo apps

**It used to take a lot of work if you wanted to change the way you look. You had to go get a haircut or buy different clothes. But now, it's much easier to transform yourself. All it takes is an app.**

- **Do any of you have apps that filter or edit your appearance? What are they?** (Accept all reasonable responses.)

Ask your students how many of them have photo-altering apps on their smartphones. If any of them do, you might want to spend a few minutes letting them take pictures of you and/or each other altering the results in a variety of ways.

**Earlier this year, TikTok's "Bold Glamour Filter" went viral for its ability to make users look instantly glamorous. Let's take a look.**

Play the following video for your students [1:21; stop at 0:57]:

Expert Warns About Using TikTok's Bold Glamour Filter

<https://www.youtube.com/watch?v=tw2euJzOk60>

- **Do you wish it was this easy to change your appearance in real life? Why or why not?** (Some students may wish they could change their look with just a click. Others may be glad that it takes a little more effort, because it keeps them from making silly changes on a whim.)

**For better or worse, it's harder in real life to change our looks than it is with an app. And when it comes to changing ourselves on a deeper level—say, learning to control our tempers, or mastering a new skill—it's *much* harder to change. In fact, transforming ourselves is a lifelong process!**

**Thankfully, however, we're not on our own when it comes to life change. If you're a follower of Jesus, God has been working to make you into a new person since the day you became a Christian.**

**Sometimes, the changes may be fast and dramatic. More often, they're slow and steady. But God has been transforming you from the inside out since the day you met Him. The difference He makes in your life may not be as obvious as a new haircut—but it's much more important.**

**Today we're going to explore one of God's most amazing transformations in history. It happened when Saul of Tarsus changed from a man who hated Jesus to a man who loved Christ with all of his heart. Let's take a look.**

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

# Cardboard Confessions

for use as  
**STEP 4** 

## Lesson 2

### Focus:

Once you meet Jesus you're never the same.

## Lesson 2

### Bible Basis:

Acts 9:15, 19b-22;  
22:5b-15

## Lesson 2

### Memory Verse:

So then, just as you received Christ Jesus as Lord, continue to live your lives in him.  
—Colossians 2:6

### Materials:

- Pen/pencils
- Index cards

If your class is meeting online, invite your students to bring supplies with them to class.

If you've been hanging around Christians for long, you've probably heard someone share a story about the way their life has changed since they became a Christian. Some stories are quite dramatic like a drug dealer whose whole life was turned around by God. Other stories are . . . well . . . not that exciting. Maybe you were baptized while at a church camp or responded to an invitation during a Sunday morning worship service. You probably weren't selling heroin at that point, so the way your life turned around may be a bit less noticeable.

- **Have you ever wished you had a more exciting story about how you became a Christian? Why or why not?** (Some students may wish they had a cooler story to tell. Others may thank God for sparing them from the consequences of sin.)

Some of us can see it more easily than others, but if you have a relationship with Jesus, He's changed your life! Maybe He's helped you grow into a kinder person, or helped you build Christian friendships, or given you encouragement when you're feeling low. If you're not sure you're a follower of Jesus, I hope you'll talk to me after class. He can change your life, too, if you're willing!

- **How has Jesus made a difference in your life? It doesn't have to be anything big and dramatic, but how has knowing God changed you—even in small ways?** (Encourage, but don't require, your students to say a sentence or two about the way their lives are different because they know Jesus. If students can't come up with anything, try to help them brainstorm. This can be a difficult question for middle schoolers. Remember, all of your students may not have been baptized, so don't force them to say something if they don't want to.)

The word *Confess* means "to make known" or "to give evidence of." We're going to write down evidence of how Jesus has changed us for good!

Hand out one index card to each student and a pen/pencil. If your class is meeting online, invite students to have their papers and pens or pencils ready.

**Take a minute to think about what your life was like before Jesus. Think about this: *What COULD your life have been like if you never met Jesus? In a few words, write down your idea on one side of the card. Even if you can't see the changes, they are there—like “I used to find my worth in what other people said about me, but now I know my true identity is ‘God’s beloved child!’”*** Show your students the “before” side of your sample. Give them a couple of minutes to think about and write their own story. If any of your students have not made a decision for Christ, give them the opportunity to make a more generic statement on the front and back of their cardboard using phrases from Scripture (They may need your help with this. An example for the front side: “Jesus said, ‘I am the light of the world’”; back side: “Light shines in the darkness”; etc.) Be sure you invite these students to come talk with you after class if they have a desire to know more.

**Now, flip your card over! This is the side where you write down the way Jesus has changed you for good. What’s different now compared to your life before God was in it?** Give them a minute or two to think and write.

Once your students have finished their cardboard confessions, invite them to stand up one at a time and show the front and back of their cards. They can offer a short explanation if necessary.

**If it wasn’t for Jesus, Paul would have spent his whole life persecuting Christians . . . and then died without God. If it wasn’t for Jesus, each of us would be worse off, too. That’s because Jesus is in the life-changing business! Let your story remind you of God’s power to transform. Whenever you look at your sign this week, take a few seconds to thank God for the way He’s changed you for good.**

Close in prayer.

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