
Put on a New Self

Bible Crafts from Ephesians 4:17-5:2

What does it mean to imitate Jesus? How do we build others up with kindness and tenderheartedness? Is it a sin to be angry? This beautiful passage from Ephesians emphasizes the importance of genuine kindness. These crafts reiterate the significance of building each other up in love and controlling our reactions to emotion by focusing on Jesus. A “flipside of anger mask” reminds kids that we should imitate Christ, and not dwell on anger. An “anger stress ball” provides an alternative to lashing out in frustration. And a “collaborative construction puzzle” lets kids think of ways that they can support and encourage fellow students.



Bible Verses or Craft Captions to Consider... (Main Text: Ephesians 4:17-5:2)

- *Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. -Ephesians 4:26-27*
- *Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. -Ephesians 4:29*
- *A soft answer turns away wrath, but a harsh word stirs up anger. -Proverbs 15:1*
- *Build each other up with kindness!*
- *Be kind and tenderhearted!*
- *Don't let the sun go down on anger!*
- *Love one another!*
- *Breathe through anger...God's got this!*

More Teaching Ideas:

- Watch the video of this [children's sermon](#) and related [Bible craft ideas](#)
- Download our full [Sunday School Lesson on Ephesians 4:17-5:2](#)
- Compare another [Sunday School Lesson from Ephesians 4](#)

Craft one: “Flipside of Anger Mask”

You will need:

- Paper plates
- Popsicle sticks
- Markers or crayons
- Scissors
- Markers, crayons, etc.
- Other decorations (jewels, stickers, etc.)

Procedure:

1. Decorate one side of the plate to be “angry”, using googly eyes or drawn eyes, expressive features, and a sunset to recall the verse.
2. On the opposite side of the plate, draw a cheerful, “kind face” feature, with reflection on the importance of being tenderhearted. Exaggerate the mouth to remember speaking uplifting words.
3. Attach additional verses or captions as desired.
4. Tape or glue a popsicle stick to the plate, to hold it up as a double-sided mask.



Craft Two: “Anger Relief Ball”

You will need:

- Socks
- Cotton or stuffing
- Stickers/decorations
- Markers/crayons (fabric markers advised)
- Rubber bands and/or pipe cleaners
- Glue
- Scissors
- Captions/verses



Procedure:

1. Decorate the outside of the sock(s) using words, stickers, small jewels, or other items.
2. Use cotton or stuffing to fill or almost fill the sock.
3. Secure the open end with a rubber band, and/or a decorative pipe cleaner or string.
4. Attach a verse or caption, if desired.
5. Use the sock as a stress reliever...squeeze it, smack it, or throw it!

Craft Three: “Collaborative Construction Puzzle”

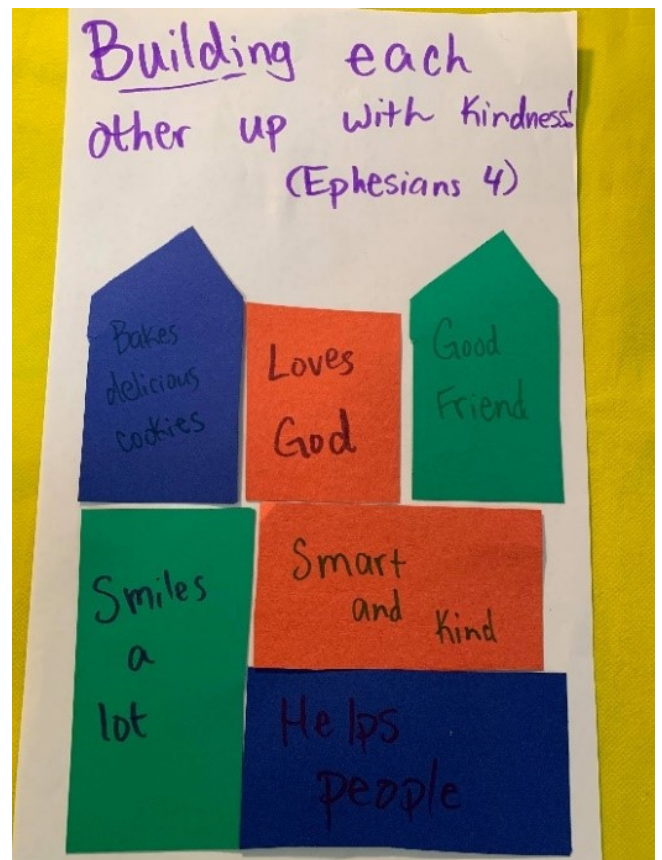
You will need:

- Paper Plates
- Small jewels or glitter (optional)
- Stickers/decorations
- Markers/crayons
- Glue or tape
- Construction paper/cardstock
- Scissors
- Captions/verses



Procedure:

1. Provide students with a collection of papers cut into varied shapes. Have each child write their name or initials on the backside of every shape.
2. Distribute the shapes among the other students, making sure they have the shapes of their peers (ideally, have each student receive one shape from everyone else in the room. Group sizes might make this challenging).
3. Instruct the students to take some time to write positive statements on the papers for their friends, making sure the piles will return with phrases that will build up.
4. Return the shapes to the original owner. Have them arrange and glue them onto the paper in the shape of a building, making sure that the positive compliments are facing up.
5. Add extra verses or decorations, and look to the “poster” as a positive affirmation reminder!





Thank you for downloading these free materials. Our team is grateful for your trust and pray that God will bless your ministry.

This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through *Ministry-To-Children* since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader.

My name is Tony Kummer (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. It is my personal honor to share these resources with churches around the world.



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If you enjoy our material, be sure to [sign-up for my free email newsletter](#) called "Sunday School Works!" Every Tuesday, I send the latest new lessons, crafts, and coloring pages in print-friendly format to make your lesson planning easy.

May God continue to bless your ministry!

Tony Kummer