



A Changed Life

Parents: There is a lot to think about with regards to our children's hearts. Not only are we concerned with the things we are telling our kids, but we are also concerned with the things they hear from friends, peers, ads, movies, music, books, etc... Part of our job as parents is to help our kiddos guard their hearts from the lies and temptations of the devil. We can only do this with the help of the Holy Spirit. Last week, we learned about putting on God's Armor to help us fight off sin and the devil. Today we are going to take a look at what it means to live a life changed by God through the power of the Holy Spirit and show our kids in Scripture how that pleases God, their Father in heaven.

Read: *Romans 12: 1-2*

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.

Discuss: Your body has some great things to use for God! Eyes, ears, nose, mouth, feet, hands... Which one is your favorite and why? *Ex: My eyes because I love seeing all the faces of my family.*

God talks about using our bodies to worship Him. How can you do that with the part of the body you said was your favorite? *Ex: Eyes. I can look at the people I love and thank God for them. I can watch how they treat others with kindness and do that too.*

What does God warn us to look out for? *The bad things in the world. Ex: Bad words, not being nice to others, laughing at things that are mean.*

Where does God say we should start our new way of living? *In our minds. He wants our thoughts to be pleasing to Him, so that our actions can follow!*

Key Point: The Holy Spirit changes our lives

The Holy Spirit
Changes our lives

(Hands out in front)
(Spin around as fast as you can)

Family Activity: Do the coloring sheet together. Think of the ways the world is changing you. Right those down. Think of the Holy Spirit. Think of the ways He is changing you from the inside out! He uses things like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control. Think of a family member who shows you one of the fruits of the Spirit. Send them a thank you card, text, picture or air high five to let them know that you see the Holy Spirit changing their hearts.

Prayer: *Dear God. Change my heart oh God. Fill me with Your Spirit. Take away desires that drive me far from You. Whisper from Your Word. Help my heart to hear it. Fill me with desire to follow You. Amen.*

Next Steps: Memorize the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

