



# God's Power Changes Us from the Inside Out

**Bible Passage: Galatians 5:13–26, 6:1-10**  
(Galatians and the Fruit of the Spirit)

## REMEMBER VERSE

Now the one who has fashioned us for this very purpose is God, who has given us the Spirit as a deposit, guaranteeing what is to come.  
2 Corinthians 5:5

## The Big God Story

Ponder Point: God's Power Changes Us from the Inside Out

Watch the [video](#).

## Worship as Response

This time allows kids to respond to God through worship.

Sing along with: [Fruit of the Spirit | Preschool Worship Song](#)

## RELATE

When you look at yourself as a fruit tree, what kind of spiritual fruit do you need God to help grow in you this week? Maybe you need God's love to help you deal with a difficult friendship. Maybe you've been struggling with anger and you need the Holy Spirit to grow patience in you. When Jesus died on the cross, He paid for your sins. Because Jesus rose again, He gives you new life in Him. And if you have been baptized in the Holy Spirit, you have the Holy Spirit empowering you to live more and more like Jesus. God's power changes you from the inside out. You can trust God to grow spiritual fruit in your life, making you think, feel, and act more and more like Jesus.

## Salvation Invitation

Today might be the day your child feels compelled by God's love to accept salvation. Be prepared to talk to your child(ren) if they show an interest in trusting Jesus as their Savior.

## RESPOND

Encourage kids to open their Bibles and read the suggested passages.

## Questions

- **Why did Paul write to the Galatians?** Galatians 1:6–7 *Paul wrote to the Galatians because false teachers had confused the people about the gospel.*
- **How can we be set free from sin?** Romans 8:2 *Jesus sets us free from sin.*
- **How does God desire for us to use our freedom?** Galatians 5:13–14 *He wants us to use our freedom to serve one another in love.*
- **What is the fruit of the Spirit?** Galatians 5:22–23 *Love, joy, peace, forbearance (or patience,) kindness, goodness, faithfulness, gentleness and self-control.*
- **Has God changed something you struggled with in your life? Tell us about it.**

## Renewed Coins

Children have an opportunity to consider the concept of renewal by cleaning tarnished coins.



### SUPPLIES

- Five tarnished copper pennies (Soak pennies in bleach or vinegar if they're not already tarnished.)
- Plastic cups or bowls
- 2 Tbsp Ketchup
- ½ tsp. Dish soap
- 2 Tbsp. Lemon juice
- 2 Tbsp Vinegar
- 1 tsp. Salt
- Paper towels
- Clear plastic container of water
- Disposable spoon
- Measuring spoons

### SET UP

Fill a clear plastic container with water. Put two tablespoons of ketchup in the first plastic cup or bowl, a half-teaspoon of dish soap and two tablespoons of water in the second bowl, and two tablespoons of lemon juice in the third bowl. In the fourth bowl, mix two tablespoons of vinegar and one teaspoon of salt. Set everything out along with the paper towels, a disposable spoon, and five coins.

### RELATE

**When God's power works in us, He removes our sin and changes us from the inside out. Let's do a science experiment to see how something old and tarnished can become shiny again.** Gather around the bowls and look closely at the tarnished coins. Discuss: **What color do you think these coins were when they were first made? Why do you think they're tarnished now? How are these coins like our lives when we're caught in sin and choosing not to follow God?**

Place one coin in each bowl; completely cover the coins with the substances in the bowls. Leave one coin out as your control to measure the others against. As you wait about five minutes for the substances to work, encourage your child(ren) to predict which substance will best clean the coins. Talk about what a life being changed by God from the inside out is like. After about five minutes, take out the coins, one at a time. Rinse them in the container of water and place them on a paper towel. Don't forget which coin was in which solution. Compare the coins and decide which solution best renewed the coin's finish.

### BLESS

#### RELATE

Open a Bible and read Titus 3:4–5:

**But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit.**

Read the verses a second time, this time leading the kids to make the following actions:

**But when the kindness and love of God our Savior appeared,** (make heart shape with hands)

**He saved us, not because of righteous things we had done,** (shake head as if saying no)

**But because of his mercy.** Lift hands to heaven.

**He saved us through the washing of rebirth and renewal by the Holy Spirit.** Pretend to wash something, scrubbing it hard.

Finally, bless your child(ren) with the following words:

**May God's power change you from the inside out as Jesus lives in you. May the Holy Spirit fill you and produce the Fruit of the Spirit in your life. May the change He produces in you show others His power.**