



Date: \_\_\_\_\_

Series: Jesus Is the King  
Winter Year 1, Lesson 39

# Believe and Be Changed from the Inside Out

**Primary Scripture:** Matthew 8:23-9:8

**Key Verse:** Matthew 9:6, “I want you to know that the Son of Man (*Jesus*) has authority on earth to forgive sins.’ Then he said to the paralyzed man, ‘Get up, pick up your stretcher, and go home.’”

## **How does this address a need in our kids' lives?**

Jesus is King over the physical world (*that which we see*) and the spiritual world (*that which is unseen*). Kids first grasp that Jesus can rule over the physical world. Jesus calming the sea is proof of that. But today kids are exposed to many spiritual realities, such as spirit beings in their cartoons and movies. These rarely reflect Biblical truth about such a realm. As the kids are becoming able to grasp the existence of the spiritual realm, they need to see Jesus as one who has authority to rule over their hearts, that is, their spiritual lives. He does this as he gives the power of his forgiveness.

## **How does Jesus fill this need?**

**Jesus for us:** Jesus is the King who calls upon his Father so he might display God's power over the wind and the waves, the demon-possessed, and the lame. Jesus has ultimately won a position of authority as King over all realms through his death and resurrection for us. Through that, he offers forgiveness.

**Jesus in us:** The God/Man who walked on water, threw out demons, and is called King of Kings is the one who can change our lives and make us live forever. He changes us from the inside out. Faith comprehends this gift and so we say, “I believe.”

**Jesus through us:** 2 Corinthians 5:20 describes us as ambassadors of the King. We have his authority, and according to Mark 16:17-18, God can demonstrate his magnificent power through us.

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## Stamp of Excellence:

*Remind the kids what excellent worship looks like. We are in God's presence to honor him. Put on your best manners. This might include wearing your name tag, participating eagerly at all times, listening when the leader is talking, raising your hand to speak, not distracting others, playing the learning game with cooperation, singing enthusiastically, and praying reverently. Offer rewards or positive reinforcement to those who worship with excellence.*



## Worship

### Invocation:

*Let kids bring forward the worship symbols such as the cross, candles, Bible, and offering plate. Invite God's presence and call by name the Father, Son, and Holy Spirit.*

### Attention Grabber:

*Capture the children's attention and help them focus on the worship theme for the day.*

*Supplies:*

- *candles on the altar*
- *matches*

Begin with a darkened room and light the altar candles. Even this small light begins to chase away the darkness. Say:

**Revelation 17:14 in the Bible describes Jesus as the Lamb of God who will overcome all the forces of darkness. He will overcome Satan, the devils, and all evil people. Do you know why? It's because the Bible says he is Lord of Lords and King of Kings. The Bible also says that ruling with Jesus will be his called, chosen, and faithful followers.**

**Are you Jesus' faithful follower and do you believe in him? If so, say, "I believe."**

**Jesus also has power over an unseen world—the spiritual world. He is King of Kings with power over Satan and all his evil devils. Let's turn up the lights as we call upon Jesus to be here. He is King over all the angels and heavenly creatures. Today we want to worship him and say he is King over us as well.**

# Songs of Worship:

*Choose two or three songs. Briefly introduce songs so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God!*

## The Power of the Cross:

*Jesus has given his life for us that we might have forgiveness and power to live for him.*

*Supplies:*

- raw egg
- pan or large glass bowl

**Have you ever heard the poem “Humpty Dumpty”? If you have, you can say it with me. “Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. All the king’s horses and all the king’s men couldn’t...” That’s right, “put Humpty together again.”**

Drop an egg into a pan and watch it break.

**Do you think I could put this egg back together again? Could any of you? No, it’s kind of like Humpty Dumpty.**

**The poem says that all the king’s horses and all the king’s men couldn’t do it. But wait a minute! Did you know there is a king who can do it? He is the King of Kings. The King can even fix us when we are broken.**

**The Bible says that when we sin, it is because we are spiritually broken. We’re not doing what God wants us to.**

**The Bible also tells us that the sacrifices acceptable to God are a broken heart and a humble spirit. That means we can tell God we are sorry for what we do wrong. We can tell him we are broken. And guess what? He can fix us. He can fix us because when Jesus died on the cross for us, he paid the punishment for our sin. He was broken on the cross and in his spirit, so he could take our brokenness on himself.**

**When we believe in Jesus, that’s just what happens, and then God heals us. Let’s pray for the ways we are broken inside and ask God to forgive us so we can be put back together with him.**

Confess various sins or brokenness.

## Song of Response:

*Choose a song to help the children turn to Jesus. Or, you may want to help them celebrate what God has done by singing a song of praise.*

## Offering:

*Teach the importance of giving and talk about the mission activities they are supporting.*

*Supplies:*

- *ten eggs in a carton*

Show ten eggs in a carton.

**How many eggs are there in this carton? Right, ten. Now let's say that you worked this week and someone paid you in eggs. You earned ten eggs. How many of those eggs would you want to give to God to say thank you? For how many eggs would he ask?**

Explain that God gives us the guideline of returning a tithe. This means giving him one part out of ten of all we earn.

**How many of you get allowances in eggs or get paid by eggs? None? Of course! But you might earn money or get an allowance of money.**

**Then how much would you give to God if you received ten dollars?**  
*(One dollar.)*

**If you earned one dollar *(ten dimes)*? *(Ten cents or one dime.)* Let's remember to say thank you to God with our offerings by giving him our tithe!**



# The Word

## Learning Game:

*Some churches dismiss children from the adult service at this time to join Kids Church. The learning game provides a fun kinesthetic activity to help kids connect with each other. The learning point will help reinforce the theme of the day.*

### Option 1:

#### Supplies:

- *one-half sheet of newspaper for each group of five*
- *six squares of toilet tissue for each group*
- *24 inches of masking tape for each group*
- *a bucket for each group*
- *eight-foot ladder with a poster board or cardboard trough taped to the top (This trough will be angled so an egg might be rolled off and land in a consistent spot.)*

### Egg Safety Basket:

Divide into teams of five. Give each group one-half sheet of newspaper, six squares of toilet tissue, 24 inches of masking tape, and a bucket. Each group will design and build a bucket to catch an egg dropped from a height of eight feet. Limit the design and building time for the buckets to four minutes.

In order to drop from a consistent height and land in a consistent spot, use an eight-foot ladder with a poster board or cardboard trough taped to the top. This trough will be angled so an egg might be rolled off and land in a consistent spot.

After the game, share with the children the learning point.

**Sometimes in our lives it is easy to fall and get cracked or even be broken. This isn't like falling on the playground and skinning our knee. Sometimes it's more than hurting our bodies. Sometimes we have hurts on the inside. This is like hurt feelings or a bruised spirit. We need someone to catch us when we fall.**

**We need someone who can help us when we have our feelings hurt or when we do something that we wish we didn't. You know who that is. *God* catches us. He keeps us from breaking apart when we trust him and tell him about our troubles. God can catch us (without breaking us) and hold us safely in his hand.**

## Option 2:

### Supplies:

- *newspaper-covered tables*
- *plastic tubs*
- *eggs*
- *crayons or markers*
- *glue sticks*
- *colored paper scraps*
- *scissors*
- *one hard-boiled egg*
- *matches*

### Egg Decoration:

Divide into teams of five. Have some newspaper-covered tables with plastic tubs for children to work at. Give each team an egg and a handful of crayons (or markers), a glue stick, colored paper scraps, and a scissors.

**We are going to have an egg party. To get ready for the egg party, your team will have to decorate its egg so it will be presentable.**

**You will decorate your egg as a team. But there is a catch. Each person cannot touch anything with his left hand. If you are left-handed, then you can't touch anything with your right hand.**

**When decorating your egg, be sure not to squeeze it too hard or bump it. The egg can get broken and all the king's horses and all the king's men won't be able to put it back together again. (Only the King himself can.)**

After five minutes, all eggs are returned to a central table for an egg party. Ask one member from each group to present the group's egg. (It would be best to have all the kids on one side of a table so the entire group can see the different eggs.) Then announce that all groups tie for first place since they are so "egg-ceptional." For a tiebreaker, tell the kids there will be an egg dance.

Spin two eggs on the table. One egg (that was secretly hard-boiled beforehand) will stand out above the other. It will be the egg that dances on its end when spun. The other will simply fall over. Break each egg open. What's the difference on the inside?

After the egg dance, share the learning point with the kids.

**Why do you think this one egg spins and the other one doesn't? It is because this egg has been hard-boiled. It's been changed on the inside. You can't see it on the outside by the decoration. The difference is on the inside.**

**How is this like us? Jesus is King of things we see and of the things we don't see. Jesus is interested in changing us on the inside, changing our hearts. When we trust Jesus as our Savior, that's just what he does.**

**Jesus doesn't only change us on the outside; he changes us on the inside. Guess what happens because of that? We can dance for joy!**

Spin the egg.

## **Introduction to Bible Presentation:**

*Supplies:*

- *glass bottle with a neck slightly smaller than a hard-boiled egg. (A classic milk bottle works great.)*
- *a hard-boiled egg that has been peeled--having the egg slightly wet or oiled makes it more quickly sucked into the bottle*

**Today when we read about *the* King, we will find that he is king not only of the things we can see, but also of the kingdom we can't see. Let me show you what this is like. Here is a hard-boiled egg. You can see it.**

**Is Jesus the King over the world that you see? Yes. Could you say he's the King even over an egg? Sure, he has power over an egg. Watch this demonstration.**

Set the egg on top of the bottle.

**Do you see any way that I could push this egg into that bottle? It doesn't seem like it would fit, does it?**

Remove the egg. Strike a match and drop it into the bottle letting it burn as much oxygen out as possible. This will create a vacuum. (Lighting a small bit of paper and dropping it into the bottle will even more thoroughly create a vacuum.) Replace the egg on top of the bottle and the egg will be sucked inside it.

**There is an unseen force that pulled that egg down. The unseen force was a vacuum created when the fire used all the oxygen in the bottle. Since there was no air in the bottle, it tried to suck more air into it like a vacuum cleaner and it sucked the egg inside instead. It was an unseen power.**

# Bible Presentation:

*Help children pay attention by giving them a word or concept to listen for as you read. Consider letting a child read who could do so with excellence.*

*Supplies:*

- *video: The Visual Bible: Matthew (Visual International and Visual Entertainment, Inc., 1984)*

Show Matthew 8:23-9:7 from video.

**How did Jesus show himself to be King of things that can be seen?**

**How did Jesus show himself to be King of things that aren't seen?**

**What do you think the disciples thought when they saw what Jesus did? The religious people? The villagers from the place where he threw out the pigs?**

**Do you believe Jesus is the King, God's Son, who wants to give you forgiveness and rule over your life?**

# Application:

*Supplies:*

- *three small plastic Easter eggs filled with:*
  - \*butterfly*
  - \*flower*
  - \*rock*
- *approximately one dozen empty plastic eggs*

Tell this story using several plastic eggs, some of which will be filled with small items as depicted by the story.

**This story is about little boy named Stanley who loved to go to Kids Church and Kingdom Quest. Stanley had been sick his whole life because he had been born with lots of problems. He also had some mental disabilities that made him think very slowly. He was in special classes at school, and many times other kids would make fun of him.**

**But Stanley loved to go to church. One day his Kingdom Quest teacher, Mrs. Johnson, was talking about how Jesus died on the cross for our sins and then was made alive again. She explained how anyone who believed in Jesus would be changed on the inside. When they died, they, too, would live again. They would someday live in heaven.**



**Mrs. Johnson then gave an Easter egg to each person in her group. She asked them to take it home and put something in it that reminded them of being changed and having new life.**

**“Bring it back next week,” she said.**

**The next week, all the kids were excited to show what they had put in their eggs. The eggs were collected and put in a basket in the front. One by one she opened the eggs. But she was worried about Stanley’s egg. Often he didn’t understand things very clearly. She was afraid he would make a silly mistake and all the kids would laugh at him.**

**The first egg she opened had a little butterfly in it.**

**Open the plastic egg with a butterfly inside.**

**Susie said, “That’s mine! That’s mine! The butterfly reminds me that just like it came out of a cocoon, Jesus changes us into a whole new creature!”**

**“Wonderful,” said Mrs. Johnson. The next egg she opened had a flower in it.**

**Open the egg with the flower inside.**

**Billy said, “That’s mine. A flower reminds me of how something alive came out of something that was just a little seed.”**

**“Wonderful,” said Mrs. Johnson.**

**One by one Mrs. Johnson opened the eggs. All the time she was thinking about what Stanley would put in his. Then, she opened an egg that had a rock in it.**

**Open the egg containing the rock.**

**“Oh, no,” she thought to herself. “That must be Stanley’s egg,” she thought. But Keisha raised her hand.**

**“That’s mine. That rock reminds me of the rock that was rolled away from Jesus’ tomb. And if you look on the side of the rock, it even has some moss which reminds me that there’s life right there on the rock.”**

**“Beautiful,” said Mrs. Johnson. She wondered where Stanley’s egg was, and then she opened it. The egg was empty.**

Open an empty egg.

**“Oh, no,” Mrs. Johnson thought, “This must be Stanley’s. I hope the children won’t make too much fun of him. Maybe I can skip by it.”**

**Stanley eagerly raised his hand. He stood and said, “That’s mine! That’s my egg, Mrs. Johnson! That’s the one I brought!”**

**“Wonderful,” said Mrs. Johnson. “Now are there any others?” Mrs. Johnson said, trying not to embarrass Stanley.**

**“But, Mrs. Johnson,” said Stanley, “that’s my egg. That’s my egg!”**

**“Yes Stanley, I know, but there’s nothing in the egg.”**

**“I know, Mrs. Johnson, I know. The egg is empty because the tomb is empty where they laid Jesus. It’s empty because Jesus is alive and because he’s alive, I’ll be alive too after I die.”**

**As you can imagine, Mrs. Johnson was very impressed. Stanley truly understood the empty tomb and what it meant in his life.**

**A sad thing happened several months later. Stanley got very sick. The doctors didn’t expect him to live very long.**

**When Stanley died, everyone was very sad. There was a funeral and people talked about how special Stanley was and how he loved Jesus so much. Jesus was his King.**

**Mrs. Johnson and her group went to the funeral. They were the last to leave. When they left, six plastic eggs were laid on his casket. If you had opened them up, you would find them all empty. Stanley’s class had remembered what he said. “Jesus’ tomb is empty because he’s alive and because he’s alive, I’ll be alive, too.”**



# Witness

## Witness and Tell:

*Give children opportunities to share how God is working in their lives. It is best to use a microphone to ask children interview questions around the theme for the day.*

**What would it be like to have lived during Jesus' time and gotten to see some of these miracles?**

**What would you have said to Jesus if you had been there?**

## Prayer:

*Let the kids pray out loud. If you are using a microphone, invite children to form a prayer line and speak their thanksgivings or requests. If you have portable microphones, you can roam the audience. Kids can also go to prayer stations set up for specific types of prayer.*

## Blessing:

*Speak a blessing prayer over the children. Personalize this to your setting. Use a special scripture verse or blessing around the theme of the day.*

## Song of Sending:

*Choose one song. Briefly introduce song so kids can better understand what they are singing and be drawn into a more focused worship. Keep the attention on God.*

# Supplies:

## *Attention Grabber:*

- candles on the altar
- matches

## *The Power of the Cross:*

- raw egg
- pan or large glass bowl

## *Offering:*

- ten eggs in a carton

## *Learning Game:*

### *Option 1:*

- one-half sheet of newspaper for each group of five
- six squares of toilet tissue for each group
- 24 inches of masking tape for each group
- a bucket for each group
- eight-foot ladder with a poster board or cardboard trough taped to the top—this trough will be angled so an egg might be rolled off and land in a consistent spot

### *Option 2:*

- newspaper-covered tables
- plastic tubs
- eggs
- crayons or markers
- glue sticks
- colored paper scraps
- scissors
- one hard-boiled egg
- matches

## *Introduction to Bible Presentation:*

- glass bottle with a neck slightly smaller than a hard-boiled egg (A classic milk bottle works great.)
- hard-boiled egg that has been peeled—having the egg slightly wet or oiled makes it more quickly sucked into the bottle

## *Bible Presentation:*

- video: *The Visual Bible: Matthew* (Visual International and Visual Entertainment, Inc., 1984)—order from [http://www.amazon.com/gp/search/ref=pd\\_sl\\_aw\\_tops-1\\_dvd\\_9288316\\_1/002-7436213-2441636?search-alias=dvd&keywords=matthew%20the%20visual%20bible&rank=relevancerank&field-format=dvd%7Ctheatrical%7Cumd%7Cblu](http://www.amazon.com/gp/search/ref=pd_sl_aw_tops-1_dvd_9288316_1/002-7436213-2441636?search-alias=dvd&keywords=matthew%20the%20visual%20bible&rank=relevancerank&field-format=dvd%7Ctheatrical%7Cumd%7Cblu)

*Application:*

- three small plastic Easter eggs filled with:
  - butterfly
  - flower
  - rock
- approximately one dozen empty plastic eggs

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