

# Junior Soldiers

Unit 7 : Lesson 4



## Salvation! (part 2)

**PURPOSE :** For children to understand and explore how, when we are friends with Jesus, the Holy Spirit can change how we live and who we are.

*'People who are ruled by their desires think only of themselves.  
Everyone who is ruled by the Holy Spirit thinks about spiritual things.'*

**Romans 8:5**

*'We believe that repentance towards God, faith in our Lord Jesus Christ and regeneration by the Holy Spirit, are necessary to salvation.'*

**Doctrine 7**

*'We believe that to be saved we must be sorry for doing wrong and trust in Jesus, then the Holy Spirit will make us new people.'*

**Doctrine 7 (Simplified version)**

## Consider & Prepare

### Read:

Romans 8: 1–11

Galatians 5: 22–25

Ephesians 3: 14–19

This lesson is one of two lessons (Lessons 3 and 4) covering Doctrine 7. Lesson 3 focused on saying sorry and trusting and believing in Jesus, this lesson explores how we can be changed by the Holy Spirit. It then brings all the elements of the doctrine—the three ingredients of the friendship 'recipe'—together.

You might also like to have a look at Unit 5, Lessons 5 and 6; these focus on the Holy Spirit and might be helpful to support your teaching. Being changed by the Spirit includes the growth within us of the nine 'fruit of the Spirit'.

As was said at the start of the last lesson, this is one of the more crucial doctrines about establishing a relationship with God. Children need to know how salvation is obtained and understand that it is a gift (of grace) given by God and not in response to our own hard work, effort or sacrifices.

The 'recipe' to being friends with God can be used by anyone and is easy as 1, 2, 3: we need to be genuinely sorry for past sins against God, we need to trust Jesus, and the Holy Spirit will take away the heaviness of our sin and give us a fresh start.

God *wants* us to be saved. Once we have said sorry to God and placed our trust in Jesus, we need to allow the Holy Spirit to do His work in us. This work of regeneration and renewal is vital to us starting afresh (Jesus referred to it as being ‘born again’ in John 3) and children need to know that they don’t have to wait until they’re an adult for this to happen—the Holy Spirit wants to help them be the best they can be now!

NOTE: You will need to check if any of the children are allergic or sensitive to any of the ingredients included in the fudge recipe. If there are any allergies in your group you might like to use an alternative 3-ingredient recipe that is safe for all the children to enjoy. For example, fairy bread or sandwiches with different spreads (bread, butter and sprinkles/spread).



### What you will need:

#### For ‘Connecting In’

- One chair for each child
- Paper (9 sheets of A4 and a page cut up into 9 small cards)
- Textas
- Small container/bowl (to draw small cards out of)
- Blu-Tack
- CD player and music (optional)

#### For ‘The Main Thing’

- Backpack and bricks from Lesson 3
- Glass
- Water
- Stones
- Tray or towel to catch spilt water
- Jelly beans (nine different colours)
- Bibles

#### For ‘Tying In’

- Microwave
- Microwave safe jug or bowl
- Slice tray
- Wooden spoon
- 500 grams milk chocolate
- Tin of condensed milk
- A packet of mini jelly beans (or chopped up normal ones) or Jelly Belly lollies.
- Mini patty pans (5 or 6 per child)
- Small spoons (for children to spoon mixture into patty pans)
- Extra jelly beans (for prayer time)

#### For ‘Home & Beyond’

- Print off a Home & Beyond card for each child
- Print off a fudge recipe for each child

# Connecting In

## Fruit salad...

For this game you will need one chair for each player, placed in a circle. To play this game you will need to have at least six or more people participating.

### Game Rules:

1. Have everyone sit in a chair, arranged in a circle, facing inwards.
2. Select one player to be in the middle and remove his or her chair from the circle.
3. Everyone (including the player in the middle) is allocated with one of three different fruit names (e.g. orange, apple, banana).
4. The player in the middle calls out one of the fruits and the children who have been allocated the matching fruit name need to move seats with others with of the same fruit name, before the person in the middle steals their seat. If the player in the middle of the circle calls out fruit salad, everyone must move.
5. Players cannot move to seats on their immediate left or right (i.e. right next to their current position).
6. The player in the middle has to try and get a seat once they have called out a fruit name, and the player left without a chair then chooses the next fruit name to call: this player will be the next player in the middle of the circle and will start a new round by calling out one of the fruit names.



**Link:** Today we have played a game about fruit. Fruit is food that is very good for our bodies and essential to a healthy diet. There is a different kind of fruit that is talked about in the Bible that is good for us, too.

- Has anyone here heard of this other sort of fruit? (*The fruit of the Spirit*)
- Can you tell us what you know about this?

In our last session we talked about what we can do to become friends with God and be connected to Him.

- I wonder if anyone can remember the first two ingredients? (Saying sorry to God and trusting in Jesus.)

Today we are going to explore the third important ingredient that relates to our friendship with God—being changed by the Holy Spirit. When we are connected with God, the Holy Spirit comes and hangs out with us and teaches us the ‘fruit of the Spirit’, things like love and joy, peace and patience, kindness and gentleness, goodness, faithfulness and self-control. Having the fruit of the Spirit in us helps our thoughts and words and actions to become much healthier.



## Nine Corners...

This game is a variation of Four Corners. You will need paper (9 sheets of A4 and a page cut up into 9 small cards), textas, a small container or bowl (to draw small cards out of), some Blu-Tack, a CD player and music (optional).

Have the group draw nine different types of fruit, one per page, to be used as posters and have them write the name of each fruit on one of the small cards. These cards will be drawn out of the container during the game (you might prefer to print or draw the posters and cards yourself and stick them up before the lesson).

Place the nine posters up at the children’s eye level in different places around your space/room and place the small fruit cards into a small bowl/container ready to play the game.

The children move around the room to some music (optional) and when the music stops (or the leader can call out stop if there is no music) each player chooses one of the nine fruit posters to stand beside. Once everyone has decided where they are going to stand, the leader will draw out one of the small cards, call it out and anyone standing beside that fruit poster is out. Return the fruit card to the bowl and begin another round. The last player left in the game is the winner.

If you would like to shorten the length of this game choose one of the following variations.

- Remove each poster as its matching card is drawn out. The players standing at the last remaining poster win.
- Play for nine rounds of music and on the tenth round say ‘the players standing beside the fruit I draw out this time will be our winner.’

**Link:** Using the posters or cards to help you, count how many different types of fruit were involved in today’s game.

If we cut up all nine of these different pieces of fruit it could make a yummy fruit salad. In the Bible there are nine other types of fruit that make up what is called the ‘fruit of the Spirit’.

→ I wonder if anyone can name the nine fruit of the Spirit.

In our last session we talked about what we can do to become friends with God and be connected to Him.

→ I wonder if anyone can remember the first two ingredients (*saying sorry to God and trusting in Jesus*).

Today we are going to explore the third important ingredient that relates to our friendship with God—being changed by the Holy Spirit. When we are connected with God, the Holy Spirit comes and hangs out with us and teaches us the ‘fruit of the Spirit’, things like love and joy, peace and patience, kindness and gentleness, goodness, faithfulness and self-control. Having the fruit of the Spirit in us helps our thoughts and words and actions to become much healthier.



## The Main Thing

### Replacing the stones ...

As you start the Main Thing section, it is important to reconnect with the illustrations from the last lesson. Bring the backpack in and recap what the bricks represented (it would be good to go back and read through the backpack illustration in Lesson 3 to have continuity in what you are sharing with the children).

In our last session we talked about how our heart might feel if it is filled with guilt and worry about poor choices we might have made.

We also talked about how God will take away our ‘heavy bricks’ if we talk about these things with Him and say that we are truly sorry and want to trust and believe Jesus. He will remove our sin and make us free to be friends with God without hiding anything from Him.

- Have a glass on the table, a tray or towel underneath the glass and a jug of water ready to fill the glass. You will also need your stones and jelly beans ready for this illustration.
- Today we are going to use a glass to represent ourselves/hearts instead of the backpack that we used last time. (*Fill the glass with water as you explain...*) God made us and loves us and when we choose to be friends with Him, it is like He is part of us and with us all the time. You might say that if we are the glass that God might be like this water that I am pouring into the glass.
- The bricks that we used last time in the backpack won’t fit in this glass so we are going to use stones to represent our poor choices instead.
- So we might gossip and say unkind things about a friend (*drop a stone into the glass of water*) and we might get jealous that our brother or sister got to visit Grandma while we had to go to school (*drop another stone in*).
- (*Continue dropping stones into the water as you talk about other poor choices/sins that the children might make until the water starts to overflow over the top of the glass. It would be good to have a tray or towel underneath the glass that you are using for the illustration.*)
- What is happening as the glass is filling up with stones?



- Yes the water is overflowing from the glass—this can show us that there is less and less room for God in our hearts and lives and we start to get heavy with guilt and fear, just like we talked about with the bricks weighing us down in the backpack.
- It is really hard to be friends with God and follow his plans for us when we have sin taking up lots of space in our hearts and lives. Can you see that there is less and less room for the water when we have lots of stones in the glass?
- I wonder if you remember the recipe from last time—not the fudge one but the one in relation to being friends with God. It’s as easy as 1, 2, 3... (*say sorry, trust and believe in Jesus and be changed by the Holy Spirit*). So when we tell God that we are really, truly sorry, and that we want Him to remove those things we are sorry for, Jesus can help to take them away (*remove the stones from water*).
- Can you see that once the stones are gone there is extra room in the glass?
- Once Jesus has made room in our hearts and lives by taking away our wrong choices, God wants to fill us up again, but this time it is with good stuff. This good stuff comes through Him sending His Spirit to hang out with us and fill up our empty space (*top up the water leaving enough room to drop some jelly beans in.*)
- When we have the Holy Spirit hanging out with us we can change and start to become more and more like Jesus. I wonder what sorts of ways we might change when the Holy Spirit hangs out with us (*e.g. we love people more, we are more patient etc.*).
- (*Drop a different coloured jelly bean into the glass of water to represent each fruit of the spirit –e.g. love = red, joy = pink, peace = blue etc. —as you talk about them.*)
- The Holy Spirit hangs out with us and fills us up with His fruit, all these things start to change the way we look and how we behave. We start to think differently, speak differently and act different when we are filled with the ‘fruit of the Spirit’.



Read Ephesians 3: 14–19 together:

*‘When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.’ (NLT)*

Eating fruit gives us energy to work and play, gives us vitamins to help our bodies grow and keeps us nice and healthy. Let’s have another look at this passage and see if we can spot some of the benefits of being filled with the Holy Spirit and having Him hang out with us? (*Strength, Jesus makes his home in our hearts, we understand God’s love better etc.*)

I wonder how others might notice that the Holy Spirit has changed you. (*Give opportunity for the children to share what they think.*)



# Tying In

## Back to one, two, three...

Now that you have explored the third and final ingredient of the friendship 'recipe' (or Doctrine 7), it would be good to link the three parts back together and emphasize the importance of each involved in our salvation. For this activity you will need access to a microwave, a microwave safe jug or bowl, slice tray, mini patty pans, wooden spoon, 500 grams milk chocolate, a tin of condensed milk and a packet of clinkers.

NOTE: Before doing this activity with the children you will need to check if any of the children are allergic or sensitive to any of the ingredients included in the fudge recipe. If there are any allergies in your group you might like to use an alternative 3-ingredient recipe that is safe for all the children to enjoy. For example, fairy bread or sandwiches with different spreads on them (bread, butter and sprinkles/spread).

Making the chocolate fudge a second time with the children will help this concept become more concrete for them. Because there will be less time for the fudge to set in the fridge, we have suggested that the children put some fudge into 5 or 6 mini patty pans for them to take home.

Can anyone remember the three ingredients we used to make chocolate fudge last time? (chocolate, condensed milk and clinkers)

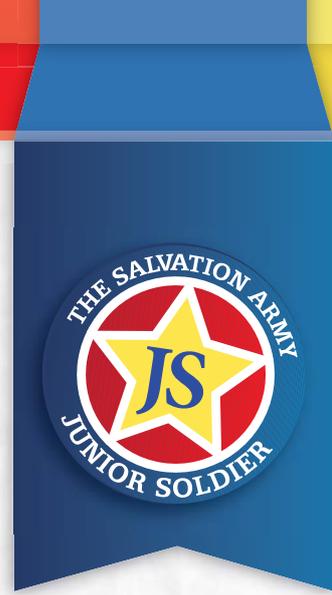
- Not only does this easy recipe make a yummy treat, I hope that it also might help you to remember the three things that we have explore in relation to being friends with God.
- (*Hold up the chocolate...*) The chocolate is the first ingredient and might help remind us that we need to say sorry to God for our poor choices.
- (*Hold up the condensed milk...*) The condensed milk is the second ingredient and this might help to remind you that we need to trust Jesus and ask him to remove sin from our hearts.
- The clinkers were the third ingredient and can help to remind us that the Holy Spirit changes us. (*Hold up the jelly beans.*) But today I thought we could add jelly beans to our fudge instead of clinkers to represent the fruit that the Holy Spirit can add to our hearts and lives.

While you are making the fudge with the children, you might like to explain that there are lots of different things you can add as the third ingredient. For example, chopped up cherries and coconut, or rocky road (mini marshmallows/rice bubbles/Maltesers/raspberries) make a great 'mix-ins'. Encourage the children to get creative at home and try experimenting with their own ideas for different mix-ins. It would be helpful at this point to clarify that even though there might be more than one ingredient in a 'mix-in', it is still classified as one ingredient of the three. You might also like to say something like:

- 'Rocky road has more than one thing in it but it is still considered one ingredient in our fudge recipe, just like the Holy Spirit is one ingredient of being friends with God, there are nine things that make up that one ingredient and instead of calling it rocky road we call it the fruit of the Spirit.'

Follow these simple steps to make some yummy chocolate fudge:

1. Place the milk chocolate and condensed milk in a microwave safe bowl/jug.
2. Microwave for 1–1½ minutes (depending on the microwave) to soften the chocolate.
3. Mix to combine.
4. Add jelly beans and stir through.
5. Either pour the mixture into a slice tray and refrigerate or get the children to places small spoonfuls of the mixture into mini patty pans so that it is easy for them to take some home.



## Jelly bean prayers...

For this activity you will need enough jelly beans for all the children in a container that you can pass around. You might like to sit together in a circle.

We are going to take a jelly bean each out of the container as it goes around the circle. The colour of your jelly bean will match to one of the fruit of the spirit that we talked about previously. Each person will share a prayer that God would help us all with the characteristics of the Holy Spirit that matches your jelly bean colour. For example, if you choose a red jelly bean you might pray that God would show us ways that we could love our families more.

You might like to conclude the prayer and tie all the children's prayers together by praying something like:

*Heavenly Father,*

*Thank You that You made us and You love us.*

*It is exciting to know that You want to be our friend.*

*Help us to be truly sorry when we make wrong choices and hurt You and others.*

*Help us to trust Jesus and believe that He will take away our sin.*

*We pray that you will send your Holy Spirit to hang out with us*

*And that He would help us to be more like you in what we say, think and do.*

*Amen*



## Home & Beyond

Print off the 'Home & Beyond' cards and the 'Chocolate Fudge' recipes attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

### Trust in Him...

***'I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him.***

***Your roots will grow down into God's love and keep you strong.'***

Ephesians 3:16–17 (NLT)

- Make chocolate fudge with your parents/prayer pal/Big Bud. You might like to be creative and try a new 'mix-in' instead of clinkers or jelly beans. While you are cooking together, share the three things that this recipe can remind you of in relation to being a friend of God.

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