



Lesson 5: “Heart Symptoms”

3-5 In-Person Crew Club Plan

<u>Key Teaching Point</u>	I need a new heart.
<u>Key Bible Verse</u>	“And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.” (Ezekiel 36:26 NLT).
<u>Scripture Passage</u>	“Every tree bears fruit” (Luke 6:43-45).
<u>Materials</u>	<ul style="list-style-type: none">● A Bible● Images 1-6, one copy of each, printed in color● Handout 1, two copies● Handout 2, one per student● Pens or pencils*● 20 pom-poms

*Materials marked by an asterisk are in the CKC Games Bag.

Relate (20 minutes)

Welcome crew members with a snack.

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while children eat their snack:

Icebreaker Options (Choose one):

- Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Ask the children to take turns sharing how they’re feeling today using the “How Are You Feeling?” chart (from the CKC Games Bag).
- Open a discussion with the question, “Have you ever picked a fruit from a tree



before? When?”

Build relationships.

Pass the Fruit

Divide the students into two teams and instruct each team form a line or circle. Give each student a spoon and each team ten pom-poms¹, with an empty bowl at the end of each team line. On the signal ‘GO,’ each team will pass each pom-pom from start to end, using only their spoons. Each pom-pom must reach the bowl before another pom-pom can be started. If a player drops the pom-pom to the floor when passing, they must start it again at the beginning of the line. First team to pass all their pom-poms to the end and into the empty bowl, wins.

Play a game.

What am I? Mystery Challenge

Before club, cut out the riddles in Handout 1. You will need two copies so that each team can receive all six riddles.

The goal of the mystery challenge is to be the first team to correctly answer six clues. Divide students into two teams. Give each team the six clues provided in Handout 1 at approximately the same time. When the first team correctly answers all six clues, check their work with the key down below.

Answers:

1. An orange
2. An apple
3. A pineapple
4. A watermelon
5. A strawberry
6. A grape

What did you notice about the answers to the clues? What do they all have in common?

Take student responses.

That’s right! They are all fruits! Do you know how these fruits grow?

Take student responses.

If you don’t know how these fruits grow, let’s find out together!

¹ Optional: You may use fruit-flavored Skittles instead of pom-poms.





Receive (20 minutes)

Hear God's Word.

Give each student Handout 2 and a pencil. Instruct students to draw a line from the fruit and the image that shows how that fruit grows. Instruct students to follow along in their handout as you explain how different fruits grow.

(Hold up Image 1.)

Do you know how an orange grows?

Take student responses.

That's right, a tree! Do you know another kind of fruit that grows on a tree?

Take student responses.

An apple grows on a tree too! (Hold up Image 2.) However, fruits don't just grow on trees. Do you know how a pineapple grows?

Take student responses.

A pineapple grows from a tough, spiky shrub! (Hold up Image 3.)

How do you think a watermelon grows?

Take student responses.

A watermelon grows from a vine. (Hold up Image 4.) Do you know how a strawberry grows?

Take student responses.

A strawberry grows from a plant. (Hold up Image 5.) What about grapes? How do they grow?

Take student responses.

Grapes grow on vines—on grapevines! (Hold up Image 6.)

Now you are all fruit experts! I have a question for you: Can a watermelon grow on a tree?

Take student responses.

Yeah, I don't think so! Let's think about some other scenarios:

- **Can you pick a pineapple from a tree?**
- **Can you pick an orange from a vine?**
- **Can you pick a grape from a plant or a bush?**



Take student responses after every question.

Nope! Grapevines can only produce grapes. Pineapple shrubs can only produce pineapples. Orange trees can only produce oranges. The Bible also says that a good tree can only produce good fruit, and a bad tree can only produce bad fruit. I wonder why the Bible talks about trees and their fruit? Let's take a listen.

(Read Luke 6:43-46 from the *New Living Translation*.)

A good heart produces good thoughts, actions and words just like a good tree produces good fruit. An evil heart produces evil thoughts, actions and words, just like a bad tree produces bad fruit.

Joy, love, peace, patience, kindness, goodness, faithfulness, gentleness, self-control: Do you think these come from a person with a good heart or a bad heart?

Take student responses.

The Bible calls these the Fruit of the Spirit, because God, who has a good heart, is all of these things. A person who has a good heart just like God's heart will live with joy, love and peace.

What about lying, cheating, stealing, fighting, pride, greed? Do you think these come from a person with a good heart or an evil heart?

Take student responses.

The Bible calls such things sin, and they come from a person with a sinful heart.

Just like it's not normal for a vine to produce an orange or for a tree to produce a pineapple, it's not normal for a person with a good heart to practice sin. Likewise, it's not normal for a person with an evil heart to show the Fruit of the Spirit such as love, goodness, faithfulness, kindness and peace in their life.

If we want to show the Fruit of the Spirit in our lives, we need a good heart. How do we make sure we have a good heart?

Take student responses.

God says in his Word, "And I will give you a new heart, and I will put a new



spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart” (Ezekiel 36:26 NLT). We can receive a good heart if we ask God and trust him to take away our sinful heart and give us a new heart that is good and loving just like his.

Ask students, **Has anyone here received a new heart from God? Would anyone like to ask God for a new heart now?**

Close in prayer.

Engage and explore the story.

Read the following true and false statements and ask students to stand if they think the statement is true or to sit if they think it's false. You may also do this without moving by having them give a thumbs up or thumbs down signal.

- **A tree can produce a pineapple.** (False)
- **A good tree produces bad fruit.** (False)
- **A bad tree produces bad fruit.** (True)
- **Love, joy, and peace generally come from a person with a bad heart.** (False)
- **Envy, pride, greed, lying, cheating, stealing generally come from a person with a good heart.** (False)
- **A person with a good heart avoids sin.** (True.)

Encourage students to participate in an interactive discussion by incorporating observation questions into a game when possible. See the CKC Games Bag for ideas.

- **What does the fruit reveal about the tree that it comes from?** (The fruit reveals what kind of tree it is and if the tree is good or bad. The fruit reveals if the tree is healthy.)
- **What would you expect to come from a person with a good heart?** (Answers will vary. Answers may include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.)
- **What would you expect to come from a person with an evil heart?** (Answers will vary. Answers may include greed, selfishness, pride, jealousy, fighting, lying or cheating.)
- **What kind of heart do you have? How do you know? What kind of heart do you want to have? How do we receive a new heart?** (Answers will vary. There is an opportunity to share the gospel here if the Holy Spirit leads.)





Respond (20 minutes)

Apply God's truth.

If we ask God for a good heart, God is faithful to take out our sinful heart and give us a good heart instead. When we receive a good heart from God, the Bible tells us we are to respond in this way: we will “put off” our old ways, our sinful thoughts, actions, and words, and “put on” the Fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness and self-control.

I have a question for you: What do you do when you get up in the morning? What do you take off and what do you put on?

Take student responses.

Hopefully, when you get up in the morning you take off your pajamas and put on your clothes! Has anyone stayed in their pajamas all day before? What happened?

Take student responses.

I don't know about you all, but if I wear my pajamas all day, all I want to do is crawl in bed or sleep all day! In that way, it is important to take off our pajamas to remind ourselves that it's time to be awake and to start the day's activities.

If we ask God to give us a new heart, we can remind ourselves that our old, sinful heart is gone by putting off sinful thoughts, words and actions, just like we take off our pajamas to remind ourselves it's time to start the day. For example, when we choose not to lie, cheat, steal, fight or talk back, we are reminding ourselves that we have a new heart inside of us!

Now, taking off our pajamas is important, but so is putting on our clothes! Otherwise, we may want to just put our pajamas back on, right? If we receive a new heart from God, it is important to “put on” love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, otherwise we might “put on” something else instead!

Play a Bible verse game.

Review the Bible verse and play the suggested Bible verse game.

“And I will give you a new heart, and I will put a new spirit in you. I will take out



your stony, stubborn heart and give you a tender, responsive heart.” (Ezekiel 36:26 NLT).

Wipe Out!

Materials: A small whiteboard and a dry erase marker²

Write the verse on a whiteboard, and ask everyone to say the entire verse. Then erase a couple letters, and say the verse again. Then erase a few more letters or entire words, and so on. Continue saying the verse together until they remember it. Then, repeat the activity again, but ask your crew members to take turns trying to say the verse as words and letters are erased.

Sing and worship together.

Pick a song from the [Praise and Worship Guide](#), or choose one of your own. Incorporate movement into the songs whenever possible.

Pray together.

Ask students to place their hands on their hearts.

Dear God,

Take out our hearts that are sick with sin, and give us healthy hearts that love you and love others. Teach us to “put off” sinful thoughts, actions, and words, and help us to “put on” love, joy, peace, patience, kindness, goodness, faithfulness and self-control.

Take prayer requests, and close in prayer.

² If a whiteboard is not available, write the verse on regular paper and cover each word up with sticky notes.



Handout 1: “What am I?”

Riddle #1: What Am I?

- I am medium-sized, and I taste sweet.
- I make really good juice!
- You’ll often find me in slices or smiles.
- I have a peel, but it does not taste too good.

Riddle #3: What Am I?

- If you eat too much of me, I might hurt your mouth!
- I’ve got some spiky leaves and I’m rough on the outside.
- My spiky leaves are green but I am yellow.

Riddle #5: What Am I?

- I am small and red.
- I have many seeds on the outside.
- I have a green top, unless you pull it off!
- I make a great jelly or jam, perfect for a peanut butter sandwich.

Riddle #2: What Am I?

- I can be red, green or yellow.
- I am round and medium-sized, usually about the size of a baseball.
- I am crisp and crunchy, sometimes sweet and sometimes sour.
- I can be picked from a tree.

Riddle #4: What Am I?

- I grow on a vine!
- I am green on the outside, red on the inside.
- I am quite large, but that is okay, because I can be cut up into cubes or triangles.

Riddle #6: What Am I?

- I can be red or green—sometimes purple too!
- I come in bunches.
- I’m small, about the size of your fingertips.
- When I’m all dried up and wrinkled, I make a great snack too!



Handout 2: Fruit Sort



A Thorn Bush



A Tree



A Plant



A Spiky Shrub



A Vine



A Bush



Image 1: An Orange Tree



Image 2: An Apple Tree



Image 3: A Pineapple Shrub



Image 4: A Watermelon on a Vine



Image 5: A Strawberry Plant



Image 6: Grapes on a Grapevine

