



Lesson 5: “Heart Symptoms”

6-8 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● A small whiteboard and a dry erase marker● Pens and pencils*● Eight slips of paper or index cards● Two sheets of 8½-by-11 inch copy paper

*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 students eat their snack:

Icebreaker Options (Choose one.)

- Ask students to share a highlight or success from the week (a rose), a challenge or disappointment from the week (a thorn) and something they are looking forward to doing or experiencing (a bud).
- Let students take turns sharing how they’re feeling today using the Feelings Wheel (from the CKC Games Bag).
- Open a discussion with the question: “What is something you’ve done that you



wish you could take back?”

Build relationships.

Signs (a.k.a. Pass the Ball)

Instruct students to sit down or stand in a circle. Each person should choose a unique sign: a movement or motion such as touching one’s nose, putting two thumbs up, making bunny ears, etc. Go around the circle and let every student present their sign to the whole group. Make sure each student pays attention to the signs of others. They will need to remember these signs to play the game. Next, choose someone to be the guesser and instruct them to stand in the middle of the circle with their eyes closed. The goal of the guesser is to guess whose turn it is to pass a sign. To pass a sign, a student needs to demonstrate their sign and then demonstrate the sign of the person to whom they are passing. Choose a student to begin the game, tell the student in the middle to open their eyes, and students should pass the sign to one another until the guesser correctly identifies whose turn it is. [More detailed instructions are here.](#)

Play a game.

Pictionary, Fruit Edition:

Divide students into two teams. Give each team a sheet of paper and a pencil. Write each of the following fruits on slips of paper and place them into a jar, cup or bowl:

- An orange
- An apple
- A pineapple
- A watermelon
- A strawberry
- A grape
- A blackberry
- A blueberry

To begin, ask one member from each team to select a slip of paper. Ask one team to go first, and instruct one member from that team to draw the object written on the slip of paper while the rest of the team guesses what the object is. Set a timer for thirty seconds. If the team guesses correctly within thirty seconds, they receive a point. Then, the next team will take a turn, and one member from that team will draw the object written on the slip of paper so their team can guess what the object is. Set a timer for thirty seconds, and if the team guesses correctly within the time limit, they receive a point. Continue to alternate between the two teams until all the fruits have been drawn.

Did you notice a theme?

Take student responses.



Do any of you think you could name where these fruits come from? Let's play a game to see. Some of them might surprise you!



Receive (20 minutes)

Hear God's Word.

Designate four corners of the room or four locations in your meeting area to represent *trees, vines, shrubs/bushes* and *plants*. You may want to use something to identify each location or corner like a sticky note, or an easily identifiable object. Ask the following questions, and instruct students to move to the location that represents where they think that fruit comes from.

- **Where does an orange come from?**
- **Where does an apple come from?**
- **Where does a pineapple come from?**
- **Where does a watermelon come from?**
- **Where does a strawberry come from?**
- **Where does a grape come from?**
- **Where does a blackberry come from?**
- **Where does a blueberry come from?**

After that activity, I have a question for you: Can trees, vines, shrubs, bushes and plants produce any kind of fruit they want?

Take student responses.

The type of tree, vine, shrub, bush, or plant indicates the kind of fruit that can grow there. The Bible uses this truth to teach us something about our hearts. Let's take a listen.

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

The Bible tells us that a good tree can only produce good fruit, and a bad tree can only produce bad fruit. This is true about our hearts too, because out of our hearts come thoughts, actions and words. The state of our heart determines what comes out of it. If we follow what the Bible is saying here, a person with a good heart will produce good thoughts, actions and words in their life, and a person with an evil heart will produce evil thoughts, actions and words in their life.

What would you expect to see in the life of a person with a good heart?



Take student responses.

The Bible says that a person with a good heart would show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These are called Fruit of the Spirit because they are characteristics of God who, as we have learned, has a good and loving heart.

What would you expect to see in the life of a person with a bad heart?

Take student responses.

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

There is good news here and there is bad news. The bad news is if we have an evil heart, we will produce sinful behaviors, actions, thoughts and attitudes. It is difficult for a person with an evil heart to show the Fruit of the Spirit in their life. It's like asking an apple tree to grow oranges. It's against its nature. The condition of our heart will determine our thoughts, actions and words. We need a good heart to be able to show love, joy, peace, patience, kindness, goodness, faithfulness and self-control. How do we receive 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 to give us a new heart that is good and loving just like his. God will give us a new heart! That's good news!

Ask students, **“Would anyone like to ask God for a new heart now?”**

Close in prayer, inviting those who would like to ask for forgiveness and to receive a new heart to do so.

Engage and explore the story.

Read the following true-or-false statements. Ask students to respond if they think the statement is true or false. They may give a thumbs up for true and a thumbs down for false.

- 1. A tree can produce a pineapple. (False)**



2. **A good tree produces bad fruit.** (False)
3. **A bad tree produces bad fruit.** (True)
4. **Love, joy and peace come from a person with a bad heart.** (False)
5. **Envy, pride, greed, lying, cheating and stealing come from a person with a good heart.** (False)
6. **A person with a good heart finds it difficult to 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 plant that it comes from?** (The fruit reveals if the plant is good or bad. The fruit reveals if the plant is healthy and what kind of plant it is.)
- **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 marker¹

Write the verse on a whiteboard, and ask everyone to say the entire verse. Then erase a couple of 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.

¹ If a whiteboard is not available, write the verse on regular paper and cover each word up with sticky notes.



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.

