

# KIDMUNITY | This I Believe

## Lesson 09: New Life

### Small Group Guide

#### Bottom Line:

*God is changing me now, and He will finish His work forever.*

#### Memory Verse:

*Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

**Philippians 1:6**

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## Activity: Old Me/New Me

### Supplies Needed:

- Butcher Paper or dry erase board
- Markers

### Build the List

Begin by gathering your group and saying, "Today, we talked about how God is changing us. Not all at once, but over time. That means there's an *old way* we used to live, and a *new way* God is leading us into." On a piece of butcher paper or a dry-erase board, draw a line down the middle and label one side **Old Me** and the other side **New Me**.

Start the group off with a few examples to get them thinking:

- selfish | selfless
- critical | encouraging
- grumpy | joyful

Then invite the kids to help build the list by asking, "What are some words that describe the *old way* we used to live, and what are some words that describe the *new way* God is growing in us?" As they respond, have them write their answers down on the butcher paper.

If they get stuck, you can prompt with:

- angry | patient
- dishonest | truthful
- mean | kind
- jealous | content
- selfish | generous
- disrespectful | honoring

After building the list, pause and reinforce the point: “This doesn’t mean we’re perfect now. It means God is changing us. This is who we *used to be*, and this is who we are *becoming*.”

## What Would You Do?

Transition by saying, “Now let’s see what this looks like in real life.” Explain that you’re going to read a few situations, and for each one, they should think about two responses: what the **old me** would do and what the **new me** would do.

Walk through several scenarios together. After each one, let a few kids respond and talk through the difference.

### Scenarios:

- Someone who wasn’t kind to you before is now sitting next to you in class
- You find \$20 on the ground, and no one is around
- Your sibling keeps annoying you over and over again
- You did something wrong, but no one saw it
- Your friends are doing something and didn’t invite you
- Someone says something rude to you in front of others

As they answer, help them clearly name both responses: what the old way looks like and what the new way looks like. If you have time, have kids come up with their own scenarios.

## Leader Emphasis

After working through the scenarios, ask a couple of follow-up questions:

- Which is harder, the old way or the new way?
- Why isn’t the new way always easy?

Then bring it back to the main idea: “Every time you choose the ‘new me,’ you’re taking a step toward becoming more like Jesus. That’s what we talked about today—God is changing you, one choice at a time.”

If time allows, ask, “Which one of these is hardest for you right now?” Let a few kids respond, and then remind them, “That’s okay, God is still working on you. He’s not finished yet.”

## Activity: Farming Fruit

### Supplies Needed:

- Index cards **or** paper
- Markers or crayons

### Read the Scripture

Begin by gathering your group and saying, “We’ve been talking about how God is changing us over time. Part of that is the choices we make, choosing the new way over the old one. But there’s another part of this that’s just as important.”

“When you follow Jesus, God the Holy Spirit lives in you. And not only does He help guide your choices, but He also grows something in you that you can’t grow on your own.”

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

**Galatians 5:22-23**

“The Bible calls these things *fruit* because they grow in your life over time as you stay connected to God. This isn’t about trying harder, it’s about what God is doing inside of you.”

### Talk About the Fruit

Write down or discuss the fruit named in scripture: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control

Guide a short discussion:

- Which of these do you see in your life sometimes?
- Which one is hardest for you?
- Which one do you feel like you need more of right now?

“This doesn’t grow all at once. Just like real fruit, it takes time. But God is working in you.”

## Name Your Fruit

“Now we’re going to make something you can take with you.”

Give each child an index card or piece of paper and invite them to choose **one fruit of the Spirit** they want God to grow in their lives right now.

- Write the name of that fruit (kindness, patience, joy, etc.)
- Draw a piece of fruit to represent it (apple, banana, strawberry, etc.)
- Decorate it however they’d like

Reinforce: “This is something you’re asking the Holy Spirit to grow in you, not something you have to force on your own.”

Encourage them to take it home and put it somewhere they’ll see it, like a mirror or bedside table.

## Prayer Response

Bring the group back together and say, “Let’s take a moment to ask God to grow this in our lives.”

Open in prayer briefly, then invite kids to participate:

“If you want to, you can say a short prayer like, ‘God, help me grow in patience,’ or ‘Holy Spirit, help me grow in kindness.’”

Give space for kids to go around the circle and pray if they’re comfortable.

Close by praying over them:

“God, thank You that You are working in us. Thank You that we don’t have to do this alone. Would You grow these things in our lives and help us become more like Jesus, one step at a time. Amen.”

## Leader Emphasis

“You are not changing by yourself. God is working in you. As you follow Him and stay connected to Him, He is growing something in your life that will last. God is changing you now—and He will finish what He started.”

# Discussion Questions

## Kindergarten / 1st Grade

- What is something from the “old way” that we shouldn’t do anymore?
- What is one “new way” that Jesus wants us to choose?
- Which fruit of the Spirit do you like the most?
- Who helps you make good choices?

## 2nd / 3rd Grade

- Why do we still make wrong choices even after following Jesus?
- What is one “old me” habit you want to leave behind?
- Which fruit of the Spirit do you feel like you need more of right now?
- How does the Holy Spirit help you in everyday situations?

## 4th / 5th Grade

- What does it mean that God is changing you over time?
- Why is it important to remember that we’re not perfect yet?
- What does it look like to “put off” the old self and “put on” the new self in real life?
- How can you stay connected to God so the Holy Spirit can grow fruit in your life?

## Leader Wrap-Up & Prayer

“Following Jesus doesn’t mean we become perfect right away; God is changing us over time. Sometimes we have to choose between the old way and the new way, and every time we choose the new way, we’re growing.”

“But we’re not doing this alone. The Holy Spirit is in us, helping us, guiding us, and growing fruit in our lives. God is changing you now, and He will finish what He started.”

### Prayer

“God, thank You that You are changing us. Thank You that we don’t have to do this on our own. Help us choose the new way, and help us listen to Your Spirit. Grow Your fruit in our lives and make us more like Jesus, one step at a time. Amen.”