Have a Clean Heart

**Objective**

Each child will understand how to have a clean, obedient, and happy heart.

**Scripture**

Exodus 16:3; I Samuel 15:26; Psalms 51:10; 119:33-34; Proverbs 15:13; Luke 19:9-10

(Kinds of good hearts in the Bible)

**Memory Verse**

Psalm 51:10

**Planning Tips**

For the First Meeting of the Week, prepare two hearts cut from sponges, one of which is weighted down with fishing sinkers. Also cut the three heart visuals from Bible Teaching Resources sheet 4, and glue craft sticks to each. For the second meeting, cut gray and red paper hearts and put them in a paper sack.

**What You'll Need**

- Bible Journeys for Meeting 7 for each child
- All-Stars Bible News for Meeting 7 for each child
- Baldy Eagle Puppet

**GETTING STARTED**

- Bible
- Prepared sponge hearts
- Tub or pan of water, towels

**BIBLE LESSON**

- Craft sticks, glue
- Bibles, pencils, crayons
- Chalkboard or whiteboard, paper heart

**BIBLE APPLICATION**

- Pencils

**BIBLE LEARNING**

- Prepared ribbons, scissors
- Glue, hole punch, yarn

**OPTIONS**

- Student Award Book for each child
- All the Best Songs for Kids Songbook & Late Elementary CDs, CD player
- Archie and Baldy Eagle Puppets
- Chalkboard or whiteboard, Bibles
- Prepared gray and red hearts, paper sack, pencils
- Craft: empty toilet tissue rolls, colored construction paper, colorful cereal, heart stickers, glue, scissors, water, small bowls, paint brushes
- Game: chalkboard or whiteboard
- Refreshments: heart-shaped cookies, milk or fruit juice, cups, napkins

**Easy-Trac™ First Meeting of the Week**

**STEP 1**

Getting Started

(Allow 10-20 minutes)

- Prayer Time
  Ask for prayer requests and for a volunteer to pray for each. Say, There's a verse in the Bible that tells us, "Man looketh (looks) on the outward appearance, but the Lord looketh on (looks at) the heart." (I Samuel 16:7) Only God can see what your heart or my heart is like. Let's pray and ask Him to help us have what He wants for us: clean, obedient, happy hearts.

- Theme Introduction
  Before the meeting, cut two dry sponges into heart shapes. Cut a slit in the side of one, and insert several small fishing sinkers. Bring a large pan or tub of water (and towels for clean up) into your classroom.

**Second Meeting Options**

**1. Getting Started OPTIONS**

- Song Time
  Sing SEARCH MY HEART, DOWN IN MY HEART, HEART TO CHANGE THE WORLD and I'M GONNA HIDE GOD'S WORD INSIDE MY HEART from All the Best Songs for Kids.

- Theme Introduction
  ARCHIE: Hey, Baldy! Do you want to come with me to visit the All-Stars for Jesus meeting? Hurry, I can't wait!
  BALDY: I always enjoy going, but why are you so excited?
  ARCHIE: I heard [Leader] talking. They are going to have an open-heart surgery today!
  BALDY: Really? Wow! I've never seen one of

Spring All-Stars for Jesus Explorers MULTI-USE™ Meeting 7
Divide the children into two teams. Ask, pausing for responses after each question, Have any of you ever boated on a raft? Was it fun? I brought two heart rafts with me today. We’re going to race them across the [pan]. Place both rafts in the water and instruct the students to immediately blow on the rafts to make them sail across the pan. When one raft sinks, appear puzzled and ask for a volunteer to inspect the raft. When the sinkers are found say, It’s amazing how even though the two rafts looked the same, what was inside decided what happened. That’s the way it is with us! What your heart is like inside is what makes you act like you do.

**A Clean (Pure) Heart**

What is the opposite of clean? That’s right. If you are not clean, you are dirty. There is another part of our body that needs to be clean, but this is somewhere only God can see. It’s our heart — the real you inside that thinks and feels.

The Bible tells us of a man named Zacchaeus who had a heart made dirty by sin. (On the chalkboard or whiteboard, draw a stick figure, using a heart for the body.) Zacchaeus had cheated a lot of people and took money that didn’t belong to him. (Print “Dirty” on the heart.) But when Zacchaeus showed Jesus how sorry he was for the sinful things he had done, Jesus forgave him. (Read Luke 19:9a.) So what had come to Zacchaeus’ house? (salvation from sin) (Ask a child to erase “Dirty” and print “Clean (Pure)” in the heart.) If your heart isn’t clean (pure), you need to be forgiven. Who can you ask? (Ask a child to read Psalm 51:10.) (the Lord)

In another place in the Bible, God tells us about a man with a disobedient heart. (Ask a child to draw, on the board, a stick figure like you drew earlier, but wearing a crown.) God told King Saul to destroy Israel’s wicked enemies and everything they had. Instead of obeying God, Saul spared the king and the best animals they had. (Print “Disobedient” in the heart.) God rejected Saul as king because of his disobedience.

For those of us who also have disobedient hearts, there’s help. (Ask a child to read Psalm 119:34.) That’s what we should all do — obey God’s Word with all our hearts! (Have a child erase “Disobedient” and print “Obedient” — assist as needed with spelling.)

Are you a grumbler? Do you complain when Mom says to clean your room or Dad asks you to take out the trash? Maybe you know people who grumble all the time. Do you like to be around grumblers? God doesn’t like to hear our grumbles either. He wants us to have merry (happy) hearts.

Long ago, God’s people, the Israelites, were grumbling because they were hungry and missed the many kinds of food back in Egypt where they had been slaves. (Ask...
Activity Sheets

to destroy everything they had, but Saul disobeyed God and did not destroy everything. God had to punish Saul. (A child reads 1 Samuel 15:26). Because King Saul had disobeyed God's orders, he could no longer be king.

Here are two Bible verses that will help us so we won't be disobedient like Saul. [Megan], please read Psalm 119:33-34. Yes, we should all observe (obey) God's Word with our whole heart. (The child holding the heart turns it to the Obedient side.) Ask God to help you have an obedient heart.

A Merry (Happy) Heart

Have you ever heard anyone grumble? (Have a child hold up the Merry [Happy] Heart, grumble side forward. Discuss things kids grumble about.) Do you like to be around someone who is always grumbling? God does not like to hear our grumbles either.

When God's people, the Israelites, were slaves in Egypt, God led them out of slavery to go to their own land. But — when they should have been thanking God for His care — they were grumbling, thinking they might die of hunger in the desert. (Have a child read Exodus 16:3.) They forgot that God was taking care of them. Grumble, grumble, grumble. (Ask a child to read Proverbs 15:13a.) The Bible tells us that a merry (happy) heart makes your face look cheerful. (The child with the heart turns it to the merry side.) Wouldn't you rather see a happy face than a grouchy one? I know God would, too! Ask Him to help you have a merry (happy) heart.

So, what is written on your heart? Is your heart dirty or clean? Have you been disobedient or obedient? Do you grumble or are you cheerful? God has promised to give us clean hearts. All we have to do is ask. If any of you would like to have a clean heart, please come talk to me or [other leader]. (See “Leading a Child to Christ” in the Easter Meeting.)

Study the Bible Lesson

Hand out pencils, red and green crayons, and the Bible Journeys Activity Sheets for Meeting 7 to the children. Have them look at the first page and unscramble the names. Then have the children draw a red line from each name to the heart that person had. Then have them draw a green line to the heart each person needed. (Zacchaeus-red to dirty [impure] heart/green to clean [pure] heart; Saul-red to disobedient heart/green to obedient heart; Israelites-red to grumpy [unhappy] heart/green to merry [happy] heart).

Read the Bible story from the All-Stars Bible News Take-Home Papers for Meeting 7. Encourage the children to read the Bible story again at home or have it read to them. If you hand out All-Stars Bible News at your Second Meeting of the Week, let the children know they'll get a copy at their next meeting.

Review the Memory Verse

Say, A “clean” heart happens when we ask God to forgive our sins. Have the children stand in a circle. Repeat the memory verse twice, then have each person say one word of the verse. The first person should start by giving the Scripture reference. Continue around the circle, with each person saying one word, until the verse is completed. Go around the circle a second time.

Review the Bible Lesson

Before the meeting, cut three gray hearts and six red hearts from construction paper. Place them in a paper sack. In the meeting, divide the group into two teams. When a team answers a question correctly, they may reach into the sack and draw out a heart. Gray hearts give 20 points and red hearts 50 points. The team with the most points at the end gets to be served refreshments first. Add other questions as you wish.

1. What kind of heart did Zacchaeus have before Jesus forgave him? (dirty)
2. What are some sins that can make your heart dirty? (lying, cheating, stealing)
3. If you do what your parents, teachers, and God tell you to do, what kind of heart will you have? (obedient)
4. What did the Israelites have in their hearts? (grumbles)
5. What does God want you to have instead of a heart full of grumbles? (merry [happy] heart)

You may want to have older children read the Bible story from All-Stars Bible News for Meeting 7. The children may complete the activities on pages 2-3 at this time. (Answers: pray, good, teach.)
STEP 2 Bible Lesson (Cont.)

- **Bible Memory Verse**
  Psalm 51:10 — “Create in me a clean heart, O God.” (KJV)
  “Create in me a pure heart, O God.” (NIV)

  Before the meeting, print the verse on the chalkboard or whiteboard. Point to each word as you read the verse to the group. Have them say it together two or three times. Then use Baldy Eagle Puppet to help teach the meaning of the verse. Baldy holds a white paper heart.

  BALDY: (Displaying a paper heart) I heard you talking, [leader’s name]. You said to create a clean (pure) heart. So that’s what I’ve done.

  LEADER: Oh no, no. You don’t understand. Only God can change our hearts. (Shake head.) Baldy doesn’t quite understand what having a clean (pure) heart means, does he?

  BALDY: What is this clean (pure) heart then?

  LEADER: When we are sorry for the sins we have done and ask God to forgive us, God cleans away all the sin stains in our lives so our hearts are clean (pure).

  Have Baldy repeat the verse with the children. Ask all the girls to say it and then the boys.

STEP 3 Bible Application (Allow 10-20 minutes)

- **Apply the Lesson**
  Hand out pencils and have the children turn to page 2 of Bible Journeys for Meeting 7. Have the children use the pink letters on the left to fill in the blanks on the right to discover some of the new attitudes we can have when Jesus helps change our hearts. (1-merciful; 2-kind; 3-humble; 4-gentle; 5-patient; 6-forgiving; 7-peaceful)

STEP 4 Bible Learning (Allow 10-15 minutes)

- **Bible Craft**
  Before the meeting, cut a 12-inch length of ribbon for each child. Have the children turn to pages 3 and 4 of Bible Journeys for Meeting 7. Instruct them to cut out the large heart and either the red or blue hearts (depending on the Bible version you use). Give each child a length of ribbon, and assist him in gluing the large heart at the top of the ribbon and the smaller ones below. Use a hole punch to make a hole at the top of the large heart. Give the children yarn to thread through the hole for a hanger.

- **Closing Prayer**
  Pray, Thank You, God, for helping us to have clean, obedient, and happy hearts. In Jesus’ name we pray, amen. At the close of the First Meeting of the Week, remind the children to bring their award books to the second meeting. Hand out All-Stars Bible News, today’s craft, and Bible Journeys to each child. Have parents bring juice-can lids to Meeting 8 for the craft.