

Step Into Good Habits

Slides and Videos are in **bold**.

Props: Decorate your large group space with a banner reading "Habits". Also put up large pictures of things kids do as habits, like eat candy, drink soda, brush their teeth, read their Bible or play video games.

-SLIDE- Welcome

Start kid's countdown once all classes are present

-SLIDE- Series Intro (2 min)

Hey kids! Welcome to kid's church. I'm so glad you could be here today. We're gonna have fun, right? Let's get started.

We're wrapping up our series today on habits. Who remembers what a habit is? **(allow kids to answer)** Right, it's something we do over and over, and sometimes we don't even know we're doing them! Our good habits make our parents and God ----- **(allow kids to answer)**(proud), but bad ones make them ___ **(allow kids to answer)**(sad). Why is it important to get rid of bad habits? **(allow kids to answer)** Right, because our habits shape how we think and act! If we have stinky thoughts, we have bad habits. What causes stinky thoughts? **(allow kids to answer)** You got it, sin does. That's why God sent Jesus, and when we believe in him, the Holy Spirit comes and helps us to replace bad habits with good habits.

Today, we're going to talk about how important it is to keep practicing our good habits. Think about it like when you learned to walk as a kid. At first, you were wobbly and you fell down a lot. But, with practice, you got better and now you walk without even thinking about it. This is how our relationship with God works, too. We have to keep practicing the good habits so we do them without even thinking.

We'll talk about that more in a few minutes, but first, let's stand and sing a song to God.

-SONG- We Won't Be Quiet (3 min)

That was great! Good job. I think God loves to hear all your voices praising Him. Now, let's sit down and say our big idea and key question together!

-SLIDE- Big Idea: It takes baby steps to walk with the Spirit. (repeat with kids)

-VIDEO- Habits 3 (4 min)

-SLIDE- Recap (3 min)

So, what did we learn from the video today? Let's review...

- The H___ S_____ helps us to develop good habits. (Holy Spirit)
- True or False: Bad habits look like the fruit of the Spirit. (False)
- What kind of steps do we need to take to walk with the Spirit? (Baby)

Great job. Now, taking baby steps doesn't mean that you should act like a baby! It means that when you mess up and let bad habits back in, you stand back up and take another step. Think about it. When babies learn to walk, they fall down a lot, but do they stop trying? **(allow kid to answer)** No way! It's the same with our walk with God. We don't give up, either. We keep trying, even when we make mistakes. And, remember, God has given us help. Who helps us to keep good habits? **(allow kid to answer)** Right, the Holy Spirit! The Spirit lives in us and tells us what is good and what God likes. We just need to listen and walk with him. The more we practice listening and obeying the Spirit, the better we will be at walking with God and putting on our new nature!

Our memory verse talks about our new nature. Let's stand and read it together.

-SLIDE- Memory Verse: "Instead, let the Spirit **(hands over heart)** renew your thoughts **(point at head)** and attitudes **(point at smile)**. Put on your new nature **(fists on hips)**, created to be like God **(point up)**—truly righteous **(right thumbs up)** and holy **(left thumbs up)**." Ephesians 4:23-24 **(Repeat)**

You guys are awesome! You'll talk more about this verse in small group, but first, let's stand together and sing one last song to God.

-SONG- Lean On Me (3 min)

Now let's say the Big Idea one last time all together.

-SLIDE- Big Idea: It takes baby steps to walk with the Spirit. (Have kids repeat)

-SLIDE- Let's Pray (then dismiss)