



## CHILDREN BROCHURE

MORAVIAN CHURCH – BARBADOS CONFERENCE  
Provincial Theme: Advance the Kingdom: S.H.I.F.T.

S. – Seek & Submit  
H. – Hear & Heed  
I. – Imagine & Insight  
F. – Focus & Function  
T. – Totally Transformed

Age: 13 yrs. & Over

### TOTALLY TRANSFORMED

December 6 – Holiness

Scripture:

**Sing with me**

*Into my heart, Into my heart, come into my heart Lord Jesus*

[https://www.youtube.com/watch?v=ix3\\_XTgoYq4](https://www.youtube.com/watch?v=ix3_XTgoYq4)

**Memory verse: Psalm 51:10 (NIRV)**

10 God, create a pure heart in me.  
Give me a new spirit that is faithful to you.

**Psalm 51 (NIRV)**

A psalm of David when the prophet Nathan came to him. Nathan came to David after David had committed adultery with Bathsheba.



**Read with me:**

1 God, have mercy on me according to your faithful love.  
Because your love is so tender and kind, wipe out my lawless acts.  
2 Wash away all the evil things I've done. Make me pure from my sin.  
3 I know the lawless acts I've committed. I can't forget my sin.  
4 You are the one I've really sinned against. I've done what is evil in your sight.  
So you are right when you sentence me. You are fair when you judge me.

5 I know I've been a sinner ever since I was born.  
I've been a sinner ever since my mother became pregnant with me.

6 I know that you wanted faithfulness even when I was in my mother's body.  
You taught me wisdom in that secret place.

7 Sprinkle me with hyssop, then I will be clean. Wash me, then I will be whiter than snow.

8 Let me hear you say, "Your sins are forgiven." That will bring me joy and gladness.  
Let the body you have broken be glad.

9 Take away all my sins. Wipe away all the evil things I've done.

10 God, create a pure heart in me. Give me a new spirit that is faithful to you.

11 Don't send me away from you. Don't take your Holy Spirit away from me.

12 Give me back the joy that comes from being saved by you.  
Give me a spirit that obeys you so that I will keep going.

13 Then I will teach your ways to those who commit lawless acts.  
And sinners will turn back to you.

14 You are the God who saves me. I have committed murder.  
God, take away my guilt.  
Then my tongue will sing about how right you are no matter what you do.

15 Lord, open my lips so that I can speak. Then my mouth will praise you.

16 You don't take delight in sacrifice. If you did, I would bring it.  
You don't take pleasure in burnt offerings.

17 The greatest sacrifice you want is a broken spirit.  
God, you will gladly accept a heart that is broken because of sadness over sin.

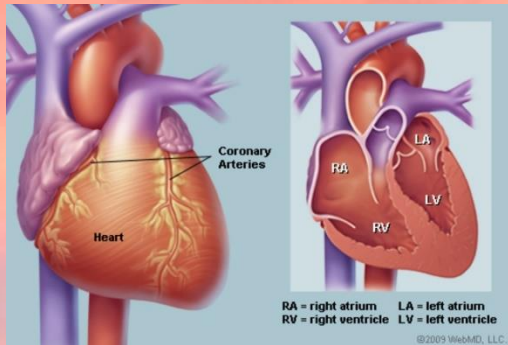
18 May you be pleased to give Zion success.  
May it please you to build up the walls of Jerusalem.

19 Then you will delight in the sacrifices of those who do what is right.  
Whole burnt offerings will bring delight to you. And bulls will be offered on your altar.



## Message:

Let us talk about it.



The heart is a muscular organ about the size of a fist, located just behind and slightly left of the breastbone. The heart pumps blood through the network of arteries and veins called the cardiovascular system.

Feel your chest and feel the heart pumping. The pumping of the heart is what you call the heart - beat.

The heart has four chambers:

The right atrium receives blood from the veins and pumps it to the right ventricle.

The right ventricle receives blood from the right atrium and pumps it to the lungs, where it is loaded with oxygen.

The left atrium receives oxygenated blood from the lungs and pumps it to the left ventricle.

The left ventricle (the strongest chamber) pumps oxygen-rich blood to the rest of the body. The left ventricle's vigorous contractions create our blood pressure.

The coronary arteries run along the surface of the heart and provide oxygen-rich blood to the heart muscle. A web of nerve tissue also runs through the heart, conducting the complex signals that govern contraction and relaxation. Surrounding the heart is a sac called the pericardium.

The heart provides the oxygen and nutrients that our bodies need to survive. A heart that is healthy pumps the right amount of blood at a rate that allows the human body to function as God created.

The Bible uses the word "heart" primarily to refer to the ruling center of the whole person, the spring of all desires. The heart is seen as the seat of the will, intellect and feelings. According to the Bible, the heart is the center not only of spiritual activity, but of all the operations of human life.

So we can now say that the human heart is one of the most important organs God placed within our bodies.

Now, when David asked God to give him a new heart, David was speaking of the spiritual heart, not the physical heart. David had done something very wrong. He had disobeyed one of God's commands. Remember the lesson we did three weeks ago? Thou shall not covet. David knew that he had disobeyed God, so he went to God asking forgiveness for his sin. When you break

one of your house rules do you have the courage to go to your parent and admit that it was you, and ask for forgiveness? This heart that David is speaking of is the spiritual heart.

The spiritual heart controls the mind. Yes, your physical body has only one heart, but within that heart is the spiritual heart. When you invite Jesus into your heart, you are asking Him to come into your spiritual heart, so that He can take control of your mind. When you are obedient to God, then everyone will see your behaviour and recognize that you are obeying God's commands.

Marisa Donnelly (2018) gave us the following eight things that will happen when let God take control of your heart – the spiritual heart.

1. You find peace:

***“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”***  
— Philippians 4:7

When you give your heart to God, you stop worrying about all the things that you can't control. You are protected and loved, unconditionally, by Jesus.

2. You feel strong.

***“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”***  
— Psalm: 73:26

Giving your heart to God empowers you. God promises not only to protect you, but to also strengthen you in His word, every single day. When you trust Him to take control, to love and direct you, you find strength not only in Him, but in yourself.

3. You begin to put value into the right places and people.

***“For where your treasure is, there your heart will be also.”*** — Matthew 6:21

Sometimes we begin to see our things and possessions as a measure of our worth. But God sees otherwise. He knows that the material things of this world mean nothing. He longs for us to see the worth of our souls rather than our temporary bodies.

4. You feel renewed.

***“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.”***  
— Romans 12:2

Giving your heart to God means a new life, a new purpose, a new sense of self. It means that you are choosing to trust in His plan and will. And when you put your faith in Him, you know that no matter what happens, good or bad, He is watching over you and bringing you to where you're supposed to be.

5. You find true happiness.

***“Take delight in the LORD, and he will give you the desires of your heart.”*** — Psalm 37:4

Happiness is not built upon what gifts you have been given, what desires of yours have been met, or what the world has granted you. True happiness is found in Christ—trusting Him, living like Him, allowing His purpose to work in your life.

6. You are rescued from pain.

***“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”***

— Psalm 34:18

Remember that when you give your heart to God, He will save you from anything you face. He will lift you from darkness and into the light. He will restore your spirit and give you back your fight.

7. You experience real love.

***“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”***

— Romans 5:8

Earthly love is imperfect. There is lust and infidelity, lies and broken promises, mistrust and fear. Yes, human love can be beautiful, but the most beautiful form of love stems from God and His unending love for us. Christ died for you. When you choose to give your heart to God, you are choosing to feel that wonderful, whole, complete love, all of your days. You are choosing to be saved by His glory, and strengthened by His spirit. There is no love like God's love.

8. You feel fearless.

***“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”***

— John 14:27

You are an imperfect person—there will be days when you shrink back, timid and nervous. But when you trust God with your heart, you know that He is your fighter, your father, your forever support. Sure, you will still have your earthly doubt. But you will also know that you are not alone. Every day He will strengthen you. Every day He will remind you of your power in Him. And every day you will be encouraged to walk this earth proud and unafraid.

**Let us pray:**

Let us sing again that song “Into my heart” asking God to take charge of your heart, asking God to take control of your life, asking God to create in you a new heart, one that will serve Him and obey His command, asking God to shine out of your heart, so that the whole world can Him within you.

*Into my heart, into my heart, come into my heart Lord Jesus,  
Come in today, come in I pray, come into my heart, Lord Jesus*

*All of my heart, all of my heart, take all of my heart, Lord Jesus.  
Take all today, take all I pray, Take all of my heart, Lord Jesus.*

*Out of my heart, out of my heart, shine out of my heart, Lord Jesus,  
Shine out today, shine out I pray, shine out of my heart, Lord Jesus.*

ACTIVITY:

A

How many words can you find using the letters in the word HEART.

Can you beat me to it?

2 letters	[2]
3 letters	[7]
4 letters	[4]
5 letters	[1]

B

The following Word Search has words connected with a heart health. You may find the words reading horizontally, vertically or diagonally. You may also look for words reading backwards. As you find a word, draw a line through it, or circle it. At the end of this activity, you should have learnt at least 5 new words. Find the meaning of these words in a dictionary.



# Word Search

*Heart Health*



ACTIVE	EXERCISE	LEADER	SMOKING
ALCOHOL	FACIAL	MEALS	STRESS
BREATHING	HEALTHY	MEDITATION	STRESSFUL
CARDIO	HEART	RELAXATION	SURVIVAL
VASCULAR	HYDRATED	RELIEF	VEGETABLES
DISCIPLINE	KILLER	RISK	WOMEN

