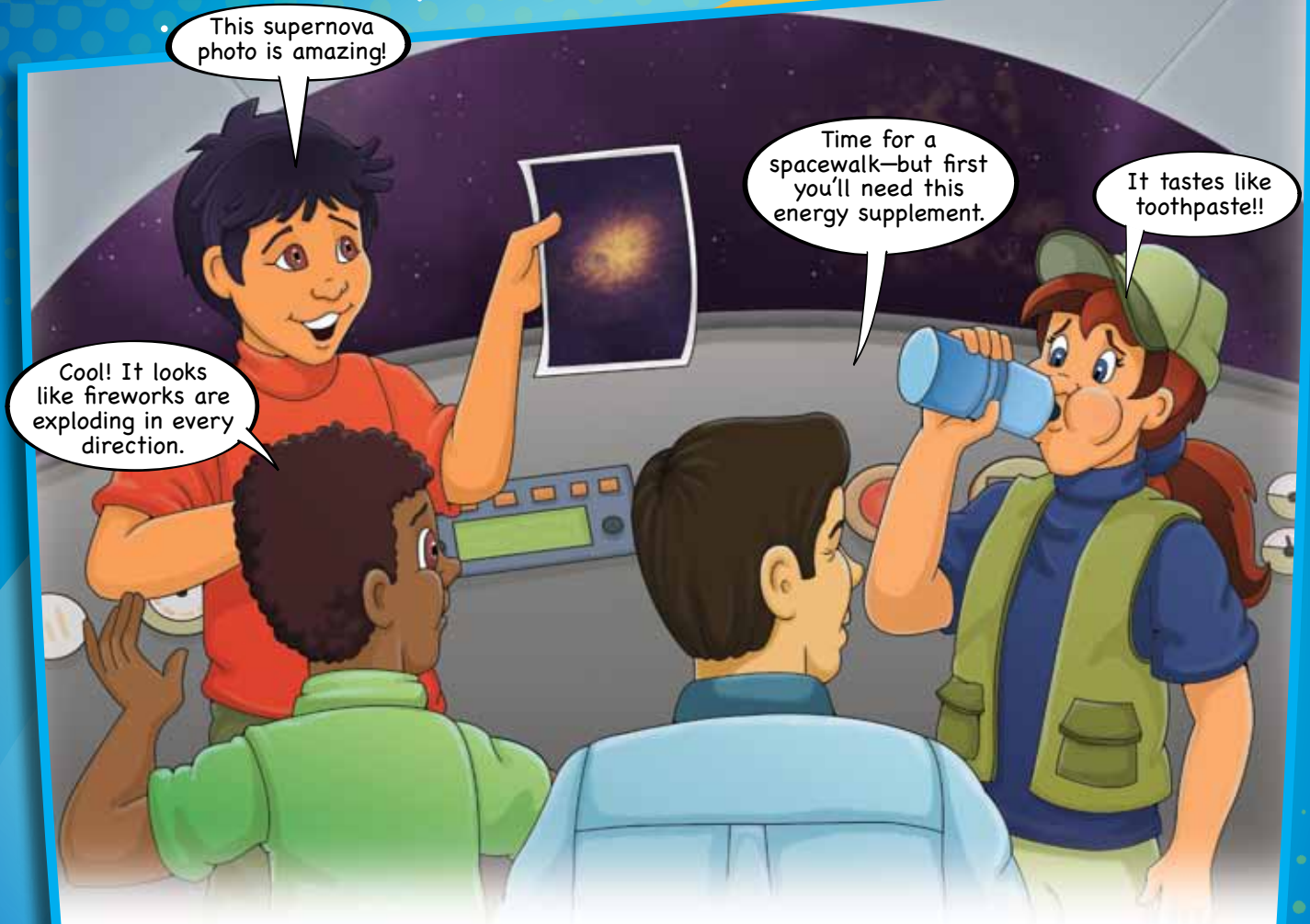


# MY OUTER SPACE ADVENTURE



*Disciple Guide Sample (Lesson 10)*

# God Empowers



What's your favorite way to "power up" before an intense workout or big game?

## SPACE FACT

In 1054, Chinese astronomers observed a supernova so bright

that it could be seen during the daytime for months!

Very large stars that have used up their fuel become unstable. As gravity pulls the remaining mass toward the center, the star begins to collapse. This generates intense heat that builds and builds until there is a gigantic explosion—a supernova. Pieces of the star fly in every direction. The huge cloud of debris from the explosion is called a “nebula.”

You're looking at the Crab Nebula—what's left of a supernova that exploded nearly 1000 years ago.

It must have released an incredible amount of energy!

Jesus promised to send the Holy Spirit to empower His followers. He explained that the Spirit would give them power like a rushing river of water (John 7:37-39). Use Morse code to identify ways the Holy Spirit can empower you. Then write a personal discovery from each Bible verse.

God

us.

God changes believers into new people who follow Jesus.  
(Romans 12:2)

I'd like to put that power into a bottle and drink it right before my next game.

God

us.

God unifies His people to live in harmony with each other.  
(Acts 4:32-33)

That's exactly what the Holy Spirit can do for us!



God

..... .. us.

God infuses His children with the Holy Spirit's incredible power.  
**(Ephesians 3:16)**

God

..... .. us.

God gives His followers spiritual gifts to serve one another.  
**(Ephesians 4:11-12)**

God

..... .. us.

God partners with believers to produce spiritual fruit.  
**(John 15:5)**





The Holy Spirit is like rushing water—empowering believers to do God’s will. God wants to fill you with the Holy Spirit. Here’s how:

## Thirst

Strongly desire to be filled with the Holy Spirit (John 7:38-39).

## Repent

Confess your sins and turn to God (1 John 1:9).

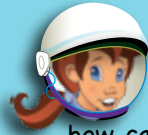
## Trust

In faith, ask God to fill you with the Holy Spirit (Luke 11:13).

## Obey

Submit to the lordship of God’s Spirit (Galatians 5:16).

- Who is really in charge of your life right now? **God/me**
- If you’re ready for the Holy Spirit to direct and empower you, pray through the four steps above.



If the universe is still “young,” how can we see stars that are millions of light-years away?



Creation scientists have different theories about how light from very distant stars could reach the earth in a relatively short time. The view that makes the most sense to me is that God created a complete, fully developed universe. On the day God created stars, He also created starlight that was instantly visible far across space.

Genesis 1 tells us that when God made the trees, they were already bearing fruit—not tiny seedlings. When He made Adam and Eve, they were adults—not newborn babies. When He made the sun, it immediately produced light and radiated heat. It didn’t take millions of years for the swirling matter to become a shining energy ball.

It’s time to head back home. But it won’t be easy!

God Empowers  
Isaiah 40:31



# MY OUTER SPACE ADVENTURE



*Teacher Guide Sample (Lesson 10)*

# God Empowers

10



**Big Idea** *God strengthens believers to accomplish His supreme purposes.*

## Lesson Summary

It has been said, “The will of God will never take you where the grace of God cannot sustain you.” How is this possible? Through the presence and work of the Holy Spirit. At times we try to serve God from our own resources. This is foolish! The Holy Spirit *is* the presence of God in our lives. He provides all we need. We are the temple of the Holy Spirit, a calling and honor that should stir deep gratitude and zeal to love and serve our Lord.

In this lesson, you and your students will explore the Holy Spirit’s power at work within His followers to transform them. Like the power generated by a rushing river, so the Holy Spirit empowers Christ’s followers to do God’s will (John 7:38-39). You’ll also explore the life of a supernova, a massive star that uses up its energy, imploding and exploding to produce dazzling displays of energy (Romans 8:22). In contrast, Christians always have sufficient fuel available through the Holy Spirit’s power.

## Teacher Devotional

The Spirit of the Lord is transforming you and your little flock. Ask God to show you how to best communicate the presence and energizing work of the Holy Spirit within your kids. Children’s minds and hearts are sensitive. If Samuel could hear God’s voice as a little one, if Timothy could learn the Scriptures from childhood, so can your young ones. Pray that they would be aware of God’s voice in their hearts and would follow His will in the ordinary activities of their days.

## Our Adventure...

The time has finally come for a space walk! But first, Colonel Irwin prepares the kids by having them drink energy-boosting, vitamin-infused water. In the distance, they view the remains of a supernova, the Crab Nebula, in all of its brilliance. While a star can run out of fuel, a Christian never can, because the Holy Spirit is always present to power up and radiate through every believer.

Lesson 10



## DISCIPLE TARGETS In this lesson, your children will...

### KNOWLEDGE (truths)

- K** • The Holy Spirit is like rushing water—empowering believers to do God’s will (John 7:38-39)
- N** • Supernovas are huge star explosions that produce dazzling displays of energy (Romans 8:22)
- O** • God’s power is evident as He transforms, fills, equips, enables, and unites His followers (Ephesians 4:11-12)

### CHARACTER (emotions)

- F** • Fascinated about the Holy Spirit’s ability to empower them
- E** • Awestruck regarding a supernova’s beauty and amazing release of energy
- E** • Eager to allow the Holy Spirit to fill and empower them
- L**

### CONDUCT (actions)

- D** • Tell about their favorite way to “power up” before a game or workout
- O** • Identify five ways the Holy Spirit empowers believers
- Evaluate who is in charge of their lives and invite God to fill them with the Spirit’s power
- Memorize Isaiah 40:31



## Memorize God's Word

**Topic:** God Empowers

**Reference:** *Isaiah 40:31*

**Memorization Activity:** Write your memory verse on the board with the reference at the beginning and end and divide the verse into about five thought-bites. Discuss the meaning of the verse with children and then ask for volunteer actors to pantomime the verse while the class “narrates” the verse. Help your little actors think of ways to act out each thought-bite. The verse contains clear, concrete images to perform. Discuss the spiritual meaning of each action. Repeat the verse with actions several times, possibly trading actors.

### SUPPLIES

#### General Supplies

Bibles, Disciple Guides (pages 37-40)

Pencils, markers, crayons

Paper, scissors, tape, glue

#### Memorize God's Word

None

#### Spark Interest

- CLASSROOM SUPERNOVA: tennis balls, small balls
- SPRINGY ENERGY: Jack-in-the-boxes, Slinkies
- MATTER, MASS, & SUPERNOVAS: Jack-in-the-boxes, Slinkies

#### Explore Scripture

None

#### Inspire Action

- SUPERNOVA VS. SUPERSTAR: none
- SUPERSTAR CHRISTIAN: poster board, art supplies
- MORNINGSTAR JESUS: no additional supplies

## Spark Interest

**Teacher—Choose one or more activities that will involve students and grab their attention.**

### Age 6-12—Classroom Supernova

*This group object lesson demonstrates what happens during a supernova.* **Supplies:** tennis balls and small balls (one each for every child)

Today, your entire classroom will become one massive supernova. Give each child one tennis ball and one ping-pong ball or small bouncy ball. Gather in a loose circle. Explain that supernovas are big stars that have used up most of their fuel to the point that the gravity within sucks into themselves the matter that remains. **This is like a giant spring being squeezed tight, then exploding with all the parts flying outward in every direction.**

Instruct each child to place the tennis ball in one hand and the small ball in the other. Toss the tennis ball up in the air and catch it over and over. Tell them that their arms tossing the balls are the energies sustaining the star. **What happens when the arm has no more power?** Instruct everyone to walk toward the center of the circle, getting close together. Now have kids place the little ball on top of the tennis ball and hold them together. On the count of three, everyone lets go and drops the balls. The balls bounce all over, just as the particles left in the star explode and go in different directions during a supernova. Explain that today you'll be exploring the need for energy to live and how God provides it through the Holy Spirit.

### Age 6-9—Springy Energy

*This object lesson explains that all energy must come from somewhere.* **Supplies:** Jack-in-the-boxes, Slinkies

Display a collection of Jack-in-the-boxes and Slinkies. Depending upon the size of your classroom and the number of toys you've gathered, line up or divide the class so they can try out the toys for a few minutes.

**What makes the Jack jump and the Slinky move or walk down stairs?** (They gain energy when force is pressed upon them and then released.) **Will the Jack or Slinky jump or move if you just leave it on the table and never touch it?** (No, it needs an outside force.) **Christians are like this, too. Without God's power touching us through the Holy Spirit, we will not respond to God, we will not believe in Jesus, and we will not obey Him! God gives us the energy to love and serve Him and others.**



## Age 9-12—Matter, Mass & Supernovas

*This demonstration highlights the need for trust and that ultimately God is the best example of trustworthiness.*

Your older kids have probably studied science a bit. See what they can contribute. Ask probing questions: **What is matter?** (Anything that takes up space and has mass. Everything around you.) **What is motion?** (A change in position of an object, requiring outside force.) **What happens when matter loses its power?**

Show a poster, video clip, and/or pictures of nebulas. Discuss the life cycle of a supernova. **What do supernovas tell you about God? What do they tell you about His creation? How are Christians like or not like supernovas?**

## Explore Scripture

**Teacher—Guide children as they complete each exercise in their Disciple Guides.**

Download answers for Disciple Guide exercises at [DiscipleLand.com/downloads](http://DiscipleLand.com/downloads).

### Page 37

Dee, Cy, and Paul must prepare for the space walk by gathering the needed energy. In the same way, Christians need to prepare for every day's activities by "powering up" through prayer, Bible reading, and dependence upon the Lord moment by moment. These constitute our spiritual nutrition. The Holy Spirit is our power, enabling us to understand and follow God's Word and His will for our lives.

### Page 38

Help your children think about the need for energy in order to stay alive. **God is self-existing. He never needs more energy. Nothing outside of Him supports God or can be added to Him. However, everything He created, including everything in space, needs energy to sustain it** (Colossians 1:16-17) **and has a beginning and an end** (Revelation 21:1). **Supernovas show us that even the stars—which have a huge amount of energy—still run out eventually. God is the source of all energy, holding everything together** (Colossians 1:17).

## Page 39

Help your children understand God's empowering activities in the lives of believers.

- *God transforms us*—God is transforming me to live like Jesus.
- *God fills us* (strengthens/controls)—The Holy Spirit strengthens me to do what He says.
- *God equips us*—God selects spiritual gifts specifically for me.
- *God enables us*—As I obey Him, God grows spiritual fruit through me.
- *God unites us*—All Christians are family members—my brothers and sisters.

## Page 40

**HeartBeat: The Holy Spirit is like rushing water—empowering believers to do God's will. God wants to fill you with His Spirit.**

**The Spirit uses our responses to Him to change us. When we are thirsty, the Spirit satisfies us** (John 7:38-39). **When we confess our sins and repent, He forgives** (1 John 1:9). **When in faith we trust Him, God fills us with the Spirit** (Luke 11:13). **When we obey the Lord, He grows the fruit of the Spirit within us** (Galatians 5:16-23). Invite your children to think about their attitudes toward God. Encourage them to pray through the four steps (thirst, repent, trust, and obey), asking God to direct and empower them through the Holy Spirit.

## Inspire Action

**Teacher—Choose one activity that will encourage learners to apply the Bible truth to their lives.**

### Age 6-12—Supernova vs. Superstar

*This compare-and-contrast activity challenges students to consider how they want to live.*

**According to science and Scripture, stars have a beginning and an end. Only God has no beginning and no ending, so He alone is to be worshiped!**

Compare and contrast the lives of Samson (Judges 16) and Daniel (Daniel 1; 6:16-28). **Samson, who was given God's**

strength, wastefully used it and died in a burst of glory, much like a supernova. Daniel, who was given God's strength, used it wisely. He lived a long life, advising at least three kings! Let kids discuss who they want to be: Supernova Samson or Superstar Daniel. What kinds of choices must they avoid, and what kinds must they make to not be like Samson and to be like Daniel? Who can they depend upon to fuel godly choices?

### Age 6-9—Superstar Christian

*This craft activity reminds children that they can be “superstars” for God.* **Supplies:** poster board, art supplies

With these young ones, share a simple paraphrase of Daniel 12:3, such as, “Those who are wise and share the love of Jesus with others will be like stars that shine, not just for now, but forever!” Place your paraphrase on poster board and hang it in the room. Read and discuss this verse as children create their own “Superstar Posters.” Compare a supernova (which runs out of fuel and dies) to a superstar Christian (who has accepted Christ as Savior and has the Holy Spirit empowering him/her forever). **The Holy Spirit gives God's children strength to follow Jesus!** To expend some of that energy in happy gratitude, gather in a circle and walk around singing, “This Little Light of Mine.”

### Age 9-12—Morningstar Jesus

*This Bible activity enlightens kids to the fact that Jesus is also compared to a star.*

Remind your class that the story of Jesus' birth began with a star drawing attention to His incarnation. Review facts that you have learned about stars and supernovas.

Now have a child or the class turn to Revelation 22:16, the last words of Jesus in the New Testament. Discuss what Jesus means when He calls Himself the “bright morning star.” **What kind of star would Jesus be? What is light? Science tells us that it is energy and power, and the Bible explains that it is truth and wisdom.** Help them to see that Jesus gives them light so they won't walk in darkness, and the Holy Spirit gives them energy (strength) so they are able to follow the light Jesus gives. Encourage them to walk in the power of the light this week!

### Closing Prayer

Thank God for making His power available to us. Ask the Lord to touch the hearts of children to realize that God the Holy Spirit wants them to listen to and depend upon Him so He can empower them to grow in Christ.

## Extend Learning

**Teacher**—These varied activities supplement the lesson.

**Soaring Like a Butterfly**—Display a picture of The Butterfly (a planetary nebula), which has shed its outer layers of gas and has been transformed into a colorful star (you can find it in many children's illustrated astronomy books). While The Butterfly is not a supernova, it is a similar kind of star.

Show your class a picture of the butterfly stages: egg, caterpillar, pupa, and butterfly. Now compare this to a star that becomes a supernova—first God creates a ball of energy (gases). Then, like a pupa or chrysalis, everything rolls up tight. Finally the star explodes into space like a butterfly taking flight! Let your kids pretend they are caterpillars crawling on all fours, then roll up into balls like the chrysalis stage, and finally explode like supernovas, becoming butterflies that fly around the room. **All God's creations whether big in space like stars or tiny on earth like butterflies—including you and me—depend upon God for life and energy.** Remind them that in order to receive God's energy, we must trust in Him or wait on Him. Discuss what this looks like in their young lives.

**A Teacher Sheds Some Light**—Invite a godly, Christian science teacher to join you in order to take your lesson beyond the basics. Ask him or her to answer questions. Here are some possible questions: What is a light-year? How do supernovas and comets indicate that our solar system may be much younger than evolutionists believe? How do stars illustrate the second law of thermodynamics? Why should Christians study science?

### Ideas for Homeschoolers

- Research supernovas and nebulas to find more information about these fascinating phenomena.
- Do a keyword Bible study on God's power.
- Make a creative poster illustrating God's attributes—God transforms us, fills us, equips us, enables us, and unites us.

**Bonus Resources**—Access free downloads for this lesson at [DiscipleLand.com/downloads](http://DiscipleLand.com/downloads).

- Guide to God's attributes
- Memory Verse cards
- More activity ideas
- Activity templates