

Activity: Overflow of the Heart

(Optional: Valentine's Day Activity)



FAMILY TIME
TRAINING

Teaching Goal: Garbage in...garbage out. Goodness in...goodness out.

Scripture: Matthew 6:22-23 The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness.

Matthew 12:34b-35 For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the bad man brings bad things out of the bad stored up in him.

Materials: Two plates and three short clear glasses
2 Tbs. Baking soda per glass
½ cup Vinegar per glass
Paper and color markers or pencils
Two colors of food coloring
Scissors

In advance: On a large paper, draw a picture of a body waist up. Include a heart, hands, eyes, nose and mouth. Place two tablespoons of baking soda in two of the three glasses. Fill the third glass with vinegar. Set the three glasses aside.

I. Lesson and Discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. OPTIONAL: **What special holiday is coming up?** *Valentine's Day.* **When you go in the store and see cards and boxes of candy, what shape do you see?** *A heart.* **Why do people use hearts on valentines?** *It means, "I love you."*

B. ACTIVITY #1: **We talk about our feelings being in our hearts...inside our bodies. Some people say, "I love you from the bottom of my heart." Or, "Don't hold in your feelings." How do we get feelings inside...in our hearts?** Listen to answers. Invite a volunteer to read Matthew 6:22-23. **What do these verses teach us about how we get images and feelings inside our bodies?** Listen to answers. *Through our eyes.* **Not only do we get images and feelings inside from our eyes, we also get them through our ears...things we hear. And, through our hands...which represents things we do.**

Use the picture of the body you created in advance. Draw arrows pointing to the heart from the eyes, ears and hands. Talk about and write a list of things we see, hear and do that get stored in our hearts. For example:

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Input	Good	Bad
Videos	Jesus videos	Violent videos
TV shows	Loving family	Mean people
Dress	Modest dress	Immodest clothes
Friends	Being kind	Negative peer pressure
Family	Obey parents	Being sneaky
Music	Praise songs	Songs with bad words
Touch	Hugs	Hitting

Invite a volunteer to read Matthew 12:34b-35. **These verses tell us that what is in our heart will come out of our mouth.** Draw an arrow from the heart to the mouth. **So if we listen to music and TV shows with bad words...bad words will come out of our mouths! If we hear bad jokes, we may repeat the bad joke.**

C. **ACTIVITY #2: Let's do an activity that will help us see what the Bible teaches.** Draw and cut out two hearts the size of the plates. Ask each person to provide the name of a close friend. Write all the friend's names on both hearts.

Place the hearts with the friends' names on the two dinner plates. **These paper hearts represent our friend's hearts. These two glasses represent our hearts.** Place a clear glass containing the baking soda on each plate on top of the hearts. **This food color represents good things we see, hear or do that go into our hearts.** Choose one of the two food colors to represent good things. Ask each person for ideas of good things they can see, hear and do which will then be stored in their hearts. You can refer to the list you made. For each answer put a drop of the selected food color in the first glass. **This other food color represents bad things we see, hear or do that go into our hearts.** Using a second food color, invite each person to share ideas of bad things they can see, hear and do which will then be stored in their hearts.

Hold up the glass filled with vinegar. **The liquid in this glass represents a stressful situation or conflict that causes us to speak up.** Add the vinegar (POUR QUICKLY, it may not work if you pour too slowly) to each glass and the colored vinegar will bubble up and over the glass onto the heart. **See how the color representing good stored up in our hearts flows into the hearts of our friends? See how the color representing bad stored up in our hearts flows onto the hearts of our friends? What we say and do goes into the eyes and ears of our friends and down into their hearts. What other people say and do will go into our hearts.**

II. Close in Prayer

III. Pass it on. Make an extra copy of this lesson and *pass it on* to another family.

