



Today's Promise (#16) — KJV

Psalm 40:8 "I delight to do thy will, O my God: yea, thy law is within my heart."

💖 Apply the Promise!

When God forgives our sins, He doesn't just change our actions; He completely transforms our desires! He gives us a brand-new heart so that obeying Him is no longer a heavy chore, but a true delight.

📖 Bible Story (Isaiah 6)

In the year King Uzziah died, the prophet Isaiah saw a vision of heaven. He saw the Lord sitting on a high throne, and the train of His robe filled the temple. Above the throne were mighty angels called seraphim. They cried to one another, "Holy, holy, holy, is the Lord of hosts: the whole earth is full of his glory."

As their voices filled the temple, Isaiah saw how holy God was. Suddenly, he also saw the sin in his own heart. He cried out, "Woe is me! for I am undone; because I am a man of unclean lips." Isaiah knew he could not make his own heart clean.

But God did not leave Isaiah in despair. One of the angels flew to him with a coal from the altar and touched Isaiah's lips. Then the angel said that Isaiah's sin was taken away. God had cleansed him.

Isaiah had not cleaned himself by trying harder. He had simply seen his need and allowed God to do what only God could do. God's cleansing touched the very place Isaiah had confessed—his lips and words. His heart was no longer hiding from God. It was ready to listen, trust, and obey.

After Isaiah was forgiven and cleansed, he heard the Lord ask, "Whom shall I send, and who will go for us?" This time, Isaiah did not hide in fear. His heart was ready to obey. He answered, "Here am I; send me."

Isaiah's story reminds us that a new heart begins with seeing our need and letting God cleanse us. When God changes our hearts, obedience is no longer just a hard duty. We begin to want His will and delight to serve Him.

☀️ True Story

In 2025, a young girl named Hannah lived with her family and two younger brothers in the Philippines. Like many younger brothers, they loved to play loudly, run through the house, and sometimes bother her when she was trying to do her own activities. When they interrupted her or touched her belongings, Hannah often became angry. She yelled at them and felt annoyed by almost everything they did.

Deep down, Hana knew her reactions were wrong. She felt sorry afterward, but she could not seem to change her own heart. Even when she tried to act nice on the outside, she still felt impatient and grumpy inside.

One day, Hannah learned that she could not fix her own heart. She needed God to give her a brand-new one! She decided to completely surrender her bad attitude to Jesus. She started waking up early in the morning to read her Bible and pray, asking God to change her from the inside out.

Soon, something incredibly beautiful happened. Her brothers were still loud, and they still tried to bother her, but Hannah's feelings were completely different! Instead of feeling quick, hot anger, she felt a gentle patience. When they interrupted her, she did not yell. Instead, she actually wanted to help them and play with them.

God had answered her prayer and transformed her desires. Hannah told her parents she could feel God changing her heart. Her story reminds us that a new heart is not something we can make by trying harder. When we surrender and ask Jesus to change us, He puts His love inside our hearts and helps us delight to do His will!

💬 Discussion Questions:

- What did Isaiah see in the temple that made him realize he needed a clean heart?
- What did Hannah start doing thirty minutes early to ask God for a new heart?
- Psalm 40:8 says "I delight to do thy will." What is the difference between obeying God because you have to, and obeying Him because you delight to?

📦 Activity:

Prepare two identical-looking cups of water, one mixed with salt and one with sugar. Let a child taste the salt water, representing how living for ourselves feels bitter and empty. Then, have them taste the sweet water. Explain that when God transforms our hearts, He actually changes our "taste" for things. Obeying God is no longer a bitter, salty chore; He gives us a new heart that finds sweetness in doing His will!



Today's Promise (#17) — KJV

Psalm 51:10–15 "Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee...my tongue shall sing aloud of thy righteousness... open thou my lips; and my mouth shall shew forth thy praise."

Apply the Promise!

When we give our messy lives to God, He performs a miracle from the inside out and creates a brand-new heart within us!

Bible Story (2 Sam. 11–12 & Ps. 51)

King David loved God, but one day he made a terrible choice. He saw a woman named Bathsheba and wanted her for himself, even though she was another man's wife. David took what was not his, and later he tried to hide his sin. He even arranged for Bathsheba's husband, Uriah, to be placed in a dangerous battle where he was killed.

For a while, David kept the truth hidden. From the outside, he still looked like a king. But inside, his heart was not clean. Sin had brought guilt, sadness, and distance from God. David needed more than a fresh start on the outside. He needed God to change him deep inside.

At last, David stopped hiding and came honestly to God. He did not make excuses or pretend his sin was small. He knew that only God could wash his heart clean. So David prayed, "Create in me a clean heart, O God; and renew a right spirit within me."

David was not asking God to help him look better in front of people. He was asking God to make him new on the inside. He wanted a heart that loved what was right and hated sin. He wanted a willing spirit that would obey God because he truly wanted to, not just because he had to.

God heard David's honest, broken cry and transformed him, renewing a right spirit within him that actually wanted to obey. David's prayer reminds us that we cannot create a clean heart by trying harder. We must come to God just as we are, confess our sin, and ask Him to do what only He can do. God can forgive us, cleanse us, give us a willing spirit, and help us delight to do His will.

True Story

For many years, a sailor named John Newton had a heart as hard as a rock. He was an angry, selfish man who made his money doing a cruel job: he sailed ships that captured and sold other human beings. John did not care who he hurt, and he was famous for his bad temper and mean words. He laughed at the idea of God and loved his wicked life.

But one night, a violent storm hit his ship. The waves crashed over the deck, the ship began filling with water, and it started to sink. For the first time in his life, John was completely helpless. In the middle of the roaring storm, he cried out, "Lord, have mercy on us!"

John survived the storm, but the biggest miracle did not happen to the ship. The greatest miracle happened inside John's chest. When John asked for forgiveness, God did not just hand him a list of rules and tell him to try harder. God did something much better: He gave John a brand-new heart!

Suddenly, John's desires completely flipped upside down. He did not want to be cruel or yell mean words anymore. He quit his terrible job, and instead of hurting people, he spent the rest of his life fighting to help free them!

His new heart was so full of love and gratitude that he wrote a famous song to thank God. You might have even heard it! It begins: "Amazing grace, how sweet the sound, that saved a wretch like me."

John Newton's story reminds us that no heart is too hard for God to change. When God gives us a new heart, He does not just force us to be good. He completely changes our desires so that we actually love being kind!

Discussion Questions:

- David asked God to "create" a new heart. How is "creating" a heart different from just "cleaning" one?
- Before his heart was transformed, how did John Newton feel about the people on his ship?
- When God gives you a new heart, does it change just the things you do, or the things you want to do?

Activity:

Bring a hard stone and a lump of soft clay. Have the children try to press a coin into the rock. It won't work, representing how an old, stubborn heart rejects God's ways. Then, let them press the coin into the soft clay to leave a beautiful mark. Explain that when God transforms us, He takes away our hard, stony hearts and creates a brand-new, soft heart that perfectly holds the beautiful shape of His love!

New Heart — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#18) — KJV

Ezekiel 36:26–28 "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them. And ye shall dwell in the land that I gave to your fathers; and ye shall be my people, and I will be your God."

❤️ Apply the Promise!

God promises to perform a miracle deep inside us by removing our cold, stubborn, "stony" hearts and replacing them with soft, living hearts that love to follow Him.

📖 Bible Story (Ezekiel 36-37)

God's people had wandered far from Him, and many hearts had grown hard, cold, and discouraged. But God gave them a beautiful promise. He said He would take away their stony hearts and give them soft, living hearts that could love and obey Him.

To help Ezekiel understand this miracle, God gave him a powerful vision. The Spirit of the Lord carried Ezekiel to a valley filled with dry bones. The bones were scattered everywhere, and there was no life in them at all.

Then God asked Ezekiel, "Can these bones live?" Ezekiel knew that no human power could make dead bones live again. So he answered, "Lord God, You know."

God told Ezekiel to speak His Word to the bones. As he obeyed, he heard a rattling sound. Bone came together with bone. Then muscles and skin covered them. But even though the bodies were formed, there was still no breath in them.

Then God told Ezekiel to speak again, and breath came into the bodies. Suddenly, the lifeless people stood up on their feet like a great army.

God was showing Ezekiel that His people needed more than outward form. They needed life from Him. Just like dry bones cannot raise themselves, our old hearts cannot make themselves new. Ezekiel's vision reminds us that only God can give a new heart. When we listen to His Word, surrender to Him, and ask for His Spirit, He can breathe new life into us. He can take hearts that feel cold, stubborn, and lifeless, and make them soft, willing, and ready to follow Him.

☀️ True Story

In the 1970s, George Foreman was known as the scariest man on the planet. He was the heavyweight boxing champion of the world. He was strong, powerful, and serious. Many people saw him as angry and hard. George thought that winning fights, making money, and becoming famous would make him happy. But inside, he still felt empty.

In 1977, after a boxing match in Puerto Rico, George collapsed in his dressing room. He felt like he was falling into a deep, dark place. In that frightening moment, he realized that his strength, fame, and money could not save him. George cried out to God for help.

George later said that Jesus changed his life that night. He began telling people that Jesus was alive. Something inside him was different. He no longer wanted anger to be the master of his life. He wanted Jesus to lead him from the inside, changing not only his actions but his heart.

George did not simply decide to act nicer on the outside. He believed God had given him a new heart. He left boxing, became a preacher, and began telling others about Jesus.

People noticed the change. The man once known for anger became known for joy, kindness, and a wide smile. Later, even when he returned to boxing, he was different from the man he had been before.

George Foreman's story reminds us that God can change a heart from the inside out. When we give ourselves to Him, He can replace anger with love, emptiness with joy, and selfish plans with a desire to serve Him.

💬 Discussion Questions:

- When Ezekiel spoke God's word to the valley of dry, dead bones, what miraculous thing happened?
- What happened to George Foreman in his locker room that made him desperately cry out to God?
- George learned that just trying to "act nice" on the outside wasn't enough. If your heart ever feels "stony" and angry, what is the best thing you can ask God to do on the inside?

🎬 Activity:

Give the children a smooth stone and a soft, dry sponge. Have them use a spoon to drip water onto the stone. The water will just slide right off! Then, have them drip water onto the soft sponge, watching it eagerly soak up every drop. Explain that a stony heart stubbornly rejects God's Spirit, but when He gives us a new, soft heart, we can easily absorb all of His beautiful love and truth.

New Heart — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#19) — KJV

2 Corinthians 5:17–18 "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. And all things are of God, who hath reconciled us to himself by Jesus Christ. and hath given to us the ministry of reconciliation;

💖 Apply the Promise!

God doesn't just want us to apologize for our mistakes and try harder to be good. When we give our lives to Jesus, He gives us a new heart, and our old, sinful life passes away entirely!

📖 Bible Story (John 3)

Nicodemus was a very important, wealthy teacher in Israel who tried very hard to obey all the rules. He spent his whole life studying the law and teaching others. From the outside, he looked like the perfect, holy follower of God. But deep down, his heart felt heavy, and he knew something was missing.

One quiet night, when the streets were empty and no one was watching, he went to visit Jesus. Nicodemus probably thought Jesus would just give him a new list of good deeds to do. Instead, Jesus surprised him with a beautiful truth! He looked right at Nicodemus and said, "Except a man be born again, he cannot see the kingdom of God."

Nicodemus was very confused. He asked how a grown man could possibly be born all over again! Jesus gently explained that He was not talking about a physical birth. He was talking about a wonderful miracle of the heart. Jesus compared this miracle to the wind. You cannot see the wind, but you can see what it does. In the same way, we cannot see God changing a heart, but we can see the results in a changed life.

Jesus meant that our old, selfish nature has to pass away. We cannot just wash the outside or try harder to be good; we need the Holy Spirit to give us a brand-new life on the inside. Being "born again" means God washes away our old, tired habits and fills us with His fresh, gentle love. Nicodemus learned a great lesson that night. God does not just want us to apologize and promise to try harder. When we surrender to Jesus, He makes us a brand-new creature from the inside out!

☀️ True Story

Charles Mulli grew up as a hungry, lonely boy on the dusty streets of Kenya. He often had to beg for food and slept on the cold ground. As he grew older, he decided he never wanted to be poor again. He worked very hard, started several businesses, and eventually became a wealthy man. He bought big houses, drove nice cars, and wore fancy clothes.

From the outside, Charles looked highly successful. But inside, his heart felt empty and restless. His old life was focused just on making money for himself, and it did not bring him true, lasting joy.

One day, Charles fully surrendered his life to God and experienced the beautiful miracle of the new birth. Jesus gave him a brand-new heart with brand-new desires! Suddenly, Charles did not care about his fancy cars or building more businesses for himself. When he looked at the poor, lonely children living on the streets, his new heart overflowed with God's gentle love.

Charles made a life-changing decision. He walked away from his successful businesses and used his money to rescue street children. He even sold his own beautiful cars to buy food, clothing, and warm beds for the kids he brought home! He and his wife opened their doors and eventually saved thousands of orphans. Charles became a brand-new creature. His old, selfish desire to be rich passed away, and God replaced it with a joyful desire to serve others. His true story shows that when Jesus gives us a new heart, our old ways pass away, and everything becomes beautiful and new!

💬 Discussion Questions:

- What was Matthew's job, and what did he leave sitting on the table when Jesus called him to follow Him?
- What did Charles Mulli do with his money and his home after God gave him a brand-new heart?
- What are some "old things" or bad attitudes that pass away when Jesus gives someone a brand-new heart?

🎨 Activity:

Cut a paper heart for each child. On one side, have them draw or write things representing an "old life," like angry faces, selfish choices, or pouting. Then, flip it over and beautifully decorate the "new heart" side with bright colors, smiles, and kind words. Explain that when we belong to Jesus, He completely washes away our old, sinful ways. He gives us a brand-new heart filled with His love, giving us entirely new desires to joyfully follow Him!



Today's Promise (#20) — KJV

Hebrews 8:10 "For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people."

❤️ Apply the Promise!

When God gives us a new heart, He does not just hand us a list of outside rules to follow. He writes His truth directly on the inside of our hearts, replacing our fear with bold, unstoppable courage to love Him!

📖 Bible Story (Acts 7-9)

Saul was a religious man, but his heart was full of anger toward the followers of Jesus. He believed he was doing the right thing by arresting Christians and trying to stop their work. He did not understand that he was fighting against the very Saviour he claimed to serve.

While traveling on the dusty road to Damascus to arrest more believers, a bright light from heaven suddenly flashed around him. It was brighter than the noonday sun! Saul fell to the ground, trembling and afraid. A voice called out, "Saul, Saul, why persecutest thou me?" When Saul desperately asked who was speaking, the voice replied, "I am Jesus whom thou persecutest."

In that clear moment, Saul realized how wrong he had been. But God does not force anyone to change against their will. Jesus waited for Saul to make his own choice. While sitting in quiet darkness for three days, Saul chose to surrender his proud, stubborn ways. He stopped fighting against God, humbled himself, and earnestly prayed for forgiveness.

Because Saul willingly yielded his life, God answered his prayer with a beautiful miracle. When a believer named Ananias came to visit him, Saul's physical blindness was healed, and God gave him a brand-new heart! Saul was truly born again. God began washing away his deep anger and replacing it with genuine love. He spent the rest of his life traveling the world to share Jesus with the very people he had once tried to destroy. His story shows us that when we willingly surrender, God replaces our anger with love.

☀️ True Story

Stephen Lungu grew up as an angry, homeless teenager on the streets of Zimbabwe. He had been abandoned as a child, and his heart became hard with bitterness. He joined a gang called the Black Shadows and became one of its leaders.

One evening, Stephen and some other gang members went to a large Christian meeting in a tent. They carried petrol bombs and planned to attack the people inside. Stephen's heart was full of hatred, and he thought destruction would give him power.

But before he gave the signal to attack, Stephen heard the singing and began to listen. Then he heard the message of Jesus. God's Word pierced through his hard heart. Stephen suddenly saw that he could not fix his own life or wash away his own sin.

That night, Stephen surrendered to Jesus. He put down his plan for violence and gave his life to God. Jesus did not just make him act nicer on the outside. He began changing Stephen from the inside.

The young man who had come to destroy the meeting became a preacher of the gospel. Stephen spent his life telling others about the Jesus who had changed his heart. The change was so great that people who knew Stephen before could hardly believe he was the same man.

Stephen Lungu's story reminds us that God can write His law in even the hardest heart. When Jesus makes us new, hatred can become love, rebellion can become obedience, and fear can become courage.

💬 Discussion Questions:

- Why did Saul think he was doing the right thing when he was actually being cruel?
- When Stephen Lungu went to the church tent meeting, what was he carrying in his heavy bag?
- Hebrews 8 promises that God will write His laws on our hearts. Why is it so much better to have God change us from the inside than to just have a list of outside rules?

🎬 Activity:

Stick a Post-it note with a rule on your child's shirt. Have them jump around until the note falls off! Explain that when rules are just stuck on the outside, they are easy to lose or ignore. Next, hand them a small paper heart to hold securely inside their hand. Explain that Hebrews 8:10 means God puts His truth safely inside our new hearts so it never falls away!