



# Group Leader Guide

GROW UP! // WEEK 3

NO GARBAGE

## The Verse

Proverbs 4:23 NIRV

*Above everything else, guard your heart. It is where your life comes from.*

## The Point

No more garbage in my heart! It's time to GROW UP!

## Group Activity Directions

## That's Garbage! // You'll Need

- No Garbage card set (1 set per group)
- Paper lunch bag (3 per group)
- Markers (1 set per group)

## Before Activity Time

1. **Place** the No Garbage card set in the first lunch bag, **write** the word, "GARBAGE" on the second bag, and **draw** a heart on the third.

## To Do

**Say:** I have three bags here. One bag has some secret cards inside. We'll decide if each card is GARBAGE to guard our heart from and throw away in this bag (*show bag with GARBAGE written on it*) or if it's something we need to keep in our hearts to be more mature (*show bag with the heart on it*).

1. One kid **draws** a card from the bag containing the No Garbage card set.
2. The kid **covers** the answer on the back of the card with their hand and **reads** the card out loud with leader's help.
3. Group **decides** if the card should go in the garbage bag or the heart bag.
4. Kid **places** garbage cards in the garbage bag, and good cards in the heart bag.
5. **Repeat** steps 1-4 with a different kid until all cards have been drawn.

**Note:** Please don't crumple garbage cards. They'll be reused.

## Bonus

1. Kids **create** new scenarios and **ask** the group if they belong in the garbage or if they're good for our hearts.
2. Kids **share** if they've ever been through something similar to what's on the cards.

## GROUP DISCUSSION IDEAS

*Choose the best questions for your group.*

## Get Everyone Talking

1. What was your favorite thing that happened on the Konnect Space Station this week?
2. What trick would you teach Nova to do?

## Check For Understanding

1. What does **MATURE** mean? *Living like Jesus every day.*
2. Read Proverbs 4:23 out loud. Why does the Bible say your heart is where your life comes from? *The choices you make come from your heart. A heart full of garbage makes garbage choices, and leads to an immature, sinful life. A heart full of things that please God makes mature choices, and leads to a life that shows Jesus is your leader.*
3. Think about the Bible story. Why did Rehoboam lose so much of his kingdom? *Instead of listening to others who were wiser and more mature than him, he listened to garbage advice from his friends.*
4. Think about the game we played during activity time. Why didn't we put the garbage cards into the heart bag? *Because a heart full of garbage is sick, doesn't know what pleases God and what doesn't, and winds up leading you to make a lot of bad choices.*
5. Can you be trusted to be responsible and do BIG stuff for God if you allow garbage into your heart? Why or why not? *No, because a heart full of garbage will make poor decisions.*

## Apply To This Week

1. Living like Jesus every day shows that your heart is mature for God. How will you be wise enough to guard your heart this week to show you're living like Jesus? *Read the Bible to see what God says is garbage and what's good, pray, listen to God, talk to friends that love God and want to please Him, etc.*
2. What garbage are you going to say, "No," to this week? *See No Garbage card set for ideas.*
3. This week, what godly things are you going to say, "Yes," to and keep in your heart? *See No Garbage card set for ideas.*

**Pray:** God, thank You for giving us Jesus as an example of how to be mature for You. Please help us choose to guard our hearts from garbage and fill our hearts with things that please You, so we can show our hearts are grown up for You. In Jesus' name, amen.