

Illustration: **Balloon Competitions**  
Discussion: **Being filled with the Spirit**  
**You were created for good works**  
Scripture: Ephesians 2:10

YOU WILL NEED: *Balloons for the competitions. (Optional: If you choose to use balloon animal balloons for the competitions as well, you will need 260Q and 360Q balloons. These can be found in most balloon variety stores or online.)*

## Balloon Competitions

Choose several volunteers—for the following competitions:

(1) Who can blow up and explode a regular round balloon the fastest by overfilling it with air. *(NOTE: Some balloons shred when they explode from overfilling, so be sure to instruct them to close your eyes or give them cheap goggles while you are doing this.)*

(2) See who can blow up a 360Q balloon animal balloon. These are hard but some people can blow them up without any previous practice.

(3) See who can blow up a 260Q balloon animal balloon. These are very difficult if someone has never done it before. *(And for an extreme challenge, try a 160Q balloon. It's impossible for nearly everyone. [NOTE: There is a one-inch difference each between the 360Q, 260Q and the 160Q balloons.]*)

(4) See who can pop a round balloon the quickest by sitting on it.

*Pick up some balloon pieces and SAY:* Balloons are good while they last but then it's just a bunch of trash. Some students see their lives like this...after all, what are they really living for? What's their purpose? God has a purpose for each of you. It's not an accident that you're here. Listen to what the Bible says:

### Read Ephesians 2:10

*SAY:* God created you and saved you for good works. You're not saved by good works...but you were created for them. Watch this...

Begin to blow up a balloon. Use a larger size than what you used in the competition. After each big blow say, "And a little more..." Keep blowing until the balloon explodes. *(NOTE: Some balloons shred when they explode from overfilling, so be sure to close your eyes while you are doing this.)*

*SAY:* This balloon wasn't made to hold that much air. It was made with a different purpose. God has a plan for you too and the Lord didn't make you to fill your life with bad things. He made you to be filled with Him. Every one of you was created for a relationship with God and when that relationship isn't there or isn't right, you'll be just as empty as an un-blown-up balloon. There's nothing inside. But when you let God come in and then you let Him fill

your life with His good things, you will find that your life is full of everything you ever dreamed of. After all, everything you ever wanted is found in Jesus. I know it 's true because He created you this way. In life when you will fill the most fulfilled, is when you are walking in a right relationship with Christ.

*Continue with a discussion of the good things with which God wants your students to fill their lives or about what it means to be filled with Spirit (See Galatians 5:16-26, Ephesians 5:17-18, Romans 8:5-6, etc.)*