

Game: **Caterpillar Races**  
Discussion: **Being Transformed**  
Scripture: **Romans 12:1-2**

YOU WILL NEED: *No items needed*

## **Caterpillar Races**

Divide your group into teams of 4 to 10 students. Have each team stand in a straight line. All of the team members need to stand with their legs far enough apart for another student to crawl beneath them. On “go” the last person in line will crawl beneath the legs of all the other team members and stand up at the front with his/her legs spread apart.

As soon as there is room the second person at the end of the line will begin following them and crawling through as well and so forth until every team member has crawled through everyone else’s legs. The first team to complete this wins. If you have real small groups, you may want to have them crawl through two or three times.

*(NOTE: Girls in dresses do not need to participate in this game.)*

### Discussion

Ask the students: **How many of you have every caught a caterpillar.** (It’s really not that hard to catch them—it’s not like they can fly away!)

Ask the students: **What does a caterpillar change into?** (A butterfly.)

SAY: An incredible transformation happens to the caterpillar when he changes into a butterfly and an incredible transformation (or change) happens when a person gives their life to Jesus and begins to follow Him. Listen to the following verses and when you hear the word “transformed” I want you to stand up and sit down.

### **Read Romans 12:1-2**

Continue with a discussion of these verses—i.e., What does it mean to be conformed?

In what ways are some people conformed to this world? How can you avoid being conformed to this world? What does it mean to be transformed? Share stories of people’s lives who have been “transformed” and completely changed by Jesus, etc.