

STOP & GO

LISTEN TO YOUR HEART

This is an easy lesson you can do at home to demonstrate how important our conscience is and how our conscience can lead us in the right direction.

Our conscience is our friend, not our enemy. Our conscience is how we know right from wrong. God speaks to us through our heart. The voice of our heart is our conscience.



What You Say:

What does a stoplight do? We know when it is red we stop, and green we go. Did you know that you have a stoplight inside of you? God lives inside of us to lead us and guide us. He wants us to follow His leading on the inside.

Example: You are with your friends. One of them tells a bad joke. You feel funny inside.

What is that? It is the *inward witness*. It is a leading from the Holy Spirit. It is like a bad or yucky feeling on the inside. That is the **RED LIGHT** telling you to stay away from that kid. You don't have to ask your mom or dad - you know this kid isn't good for you.

Exercise:

- Close your eyes. Listen on the inside to the words I say:
"Jesus loves you, and you are precious to Him."
"God put this sickness on you to teach you a lesson. "
- When I said, "Jesus loves you," what did it feel like on the inside? (*Some say a warm feeling or a good feeling, happy.*)
- When I said, "God puts sickness on you to teach you a lesson," what did you feel like on the inside? (*Some say a yucky feeling, bad, terrible.*)

This is the inward witness. This is how the Holy Spirit will lead you in the decisions you will make. He will guide you in what college to go to, what job to take, what girl or guy to marry, what house to buy.

Right now, the Holy Spirit will lead you in what friends to hang out with, what movies to see, what music to listen to.

We are never too young or too old for the Holy Spirit to lead us by the inward witness.

"So I strive always to keep my conscience clear before God and man," Acts 24:16 (NIV)