

## Tap Into Super Powers for Change

### Family Activity

#### Supplies Needed

- 1 Ivory Brand Bar Soap
- 2 Paper Plate
- 3 Microwave Oven
- 4 Raw Egg and Bowl

### Discussion

*Microwaves are invisible but powerful. They can boil water in a couple of minutes or thaw out frozen food in just a short period of time. Microwave ovens can do some surprising things that are fun to watch. In the same way spiritual resources do amazing things to the human heart. You'll learn more about them in this fun activity.*

### Activity – Exploding Soap

*Take a bar of Ivory brand soap and put it into the microwave on a paper plate. We use Ivory brand soap because it has so much air whipped into it, making the effect quite dramatic. Just about one and a half minutes set on high should create quite a spectacular show so watch closely as the drama unfolds. Be careful when you take it out. It's fun to touch but it can be quite hot.*

*And if experiments are fun, then explosions are remembered forever. Put a raw egg in the shell into the microwave under an inverted clear glass bowl to contain the explosion. The result is a rather significant mess so be ready to clean it up if you're bold enough to try this one.*

### Application

*In the same way that a microwave oven has dramatic power, God offers us spiritual powers that actually effect our lives in amazing ways. These aren't powers that come from the human will. They actually come from God himself working in your life, no matter what age you are. Look at Galatians 5:22-23 and choose two of those nine qualities that you would like to have for yourself. Have each person share their answers. Notice the first part of the verse to discover where they come from. As you pray and ask God for the quality, he will provide you with opportunities to develop it and receive it. Be ready to see amazing changes in your own heart when you allow the super power of the Holy Spirit to affect you.*