

Faith Talk *Activity* - April 19, 2026

Family Activity: Old Heart, New Heart

This simple activity helps families visualize the heart transplant and practice identifying with who they truly are in Christ rather than what their feelings or past tells them.

Materials needed:

- Two paper hearts (one dark/torn, one bright/whole)
- Markers
- Mirror
- Index cards
- Tape

Instructions:

- 1. Make the "old heart":**
 - Draw a dark, broken heart on paper.
 - Write on it things the world/feelings say: "Not good enough," "Defined by mistakes," "What others think."
 - Say: "This is our old heart—sick and dying."
- 2. Make the "new heart":**
 - Draw a bright, whole heart.
 - Write on it what God says: "New creation," "Loved," "Holy," "Christ in me."
 - Say: "God gave us a NEW heart when we believed in Jesus!"
- 3. The heart transplant:**
 - Dramatically crumple and throw away the old heart.
 - Hold up the new heart.
 - Say: "The old is gone! The new has come! This is who I really am!"
- 4. Create identity cards:**
 - Write one truth per card from the new heart
 - Examples: "I am a new creation," "Christ lives in me," "I am loved."
 - Tape them to mirrors, backpacks, or doors .
 - Read them daily to "renew your mind" and "remember who you are."
- 5. When tempted or feeling bad:**
 - Look at your new heart picture.
 - Say: "That's not who I am. I'm a new creation in Christ!"
 - Choose based on true identity, not old feelings.