

Being filled with the Holy Spirit - an object lesson

A cool science experiment with hydrogel beads about how we as Christians can be on fire for God by being filled by the Holy Spirit.

In Ephesians 5:18 Paul writes: "And do not get drunk with wine, for that is debauchery, but be filled with the Spirit."

In this object lesson we're going to use hydrogel beads and a hot frying pan to demonstrate to children that we as Christians can be on fire for God by asking Him to fill us with His Spirit.

For this object lesson you'll need a glass bowl, a frying pan, a heat source and a handful of hydrogel beads.

You can buy [them at Amazon.com](https://www.amazon.com). Be aware that you buy the right ones. I bought Orbeez Water Balls and they didn't work!

Activity

Put lots of hydrogel beads in a glass bowl. These hydrogel beads represent us. We are living our normal lives, going to church on Sunday and going to school during the week. But in many places and verses in the Bible we read about people being filled with the Spirit. Suddenly their lives change. They are filled with God's power and this seems to happen...

Turn the heat on underneath the frying pan and let the pan get hot. Put the hydrogel beads into the hot pan. They will start to move around, jump about and make lots of noise.

Questions:

- How can we be filled with the Holy Spirit?
- How do we know when this happens?
- What do people notice about us when we are filled with the Holy Spirit?

