

252 KIDS

DEVOTIONAL

POWER UP

FREE SAMPLE

RAISE YOUR GAME

LAUREN TERRELL

A 9 WEEK DEVOTIONAL EXPERIENCE FOR KIDS

Power Up

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reThink Conceptual Team: Brandon O'Dell, Sarah Anderson, Ben Crawshaw, Mike Clear

Lead Writer: Lauren Terrell

Lead Editor: Melanie Williams

Editing Team: Mike Tiemann, Elloa Davis, Dan Scott, Molly Bell

Art Direction: Sharon VanRossum, Nate Brandt

Project Manager: Nate Brandt

Book Design, Layout, and Additional Illustration: Jacob Hunt

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POWER UP

RAISE YOUR GAME

START HERE.

Oh, hey! I'm so glad you're here. Well, there. Wherever you are. I'm just glad you decided to pick up this book and start reading.

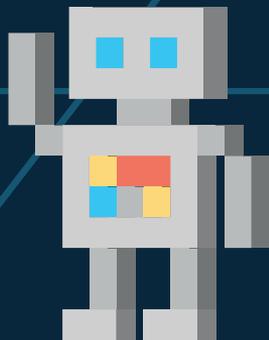
You're going to love this devotional.

Oh, yeah, this is a devotional. A devotional is a book that helps you get closer to God. If you read a little each day, you'll be a whole lot wiser in about nine weeks. Maybe you're thinking, "Closer to God? A whole lot wiser?? NINE weeks?! I thought this was a book of gaming tips." If that's what you're thinking, DON'T GO YET! It's *also* a book with gaming tips.

Pro Tip #1:

If you're too close to
a creeper, don't be.

See? It can be both. A book to improve your gaming skills AND your life skills.



So let's start with the basics: why is this book called *Power Up*? Long story short, God made the earth. And when He did, He made people to be His good friends. But we sinned and messed it all up. We couldn't be close to God anymore—our hearts were stained by **sin**. But God didn't give up. He sent His Son, Jesus, to earth. Jesus lived a perfect life and died to take the punishment for all our sin so He could give us clean hearts and we could be close to God again.

SIN is any thought, word, or action that breaks our relationship with God and others.

But that's not all of the story. Even though Jesus was killed, He *didn't stay dead*. Instead, He came back to life three days later and rose up to heaven some time after that. For real. People saw it and wrote about it in the Bible.

A short time after He disappeared behind the clouds, Jesus sent the Holy Spirit to be with us, inside us. Before you get all creeped out, this is actually pretty amazing.

The Holy Spirit is God Himself. He's God's very Spirit. So the Holy Spirit is God with you *all of the time*. Remember how God has always wanted to be close to people? The Holy Spirit living inside of you is God being closer than close. You can be the closest of friends with God! And what's also amazing is that He'll grow some pretty awesome stuff in your life. Check out how the Apostle Paul described it:

But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself.

Galatians 5:22-23a, NIV

When Jesus went back to heaven, He gave us the ultimate power boost. Because when we believe in Jesus, the Holy Spirit comes to live in us and to grow these things in us: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.** God's Spirit is so good, that's just what He grows in our hearts when we're close to Him.

You know how you get power ups in Mario Kart—things that make you better, stronger, more equipped to play the game? That's what each of those qualities of the fruit of God's Spirit is like.

They're like **Power Ups!**

They help us get stronger, better, and more equipped to handle whatever life throws our way. And the stronger our relationship is with Jesus, the easier it becomes to see those power ups in our lives.

So that's why the title of this book is *Power Up!* Whatever situation you're facing, the Holy Spirit is with you, and He can help you power up!

Now, think it over. Sleep on it. Run around Mario World a little. And when you're ready to learn how to grab onto God's Holy Spirit like a super-charged Mario star, turn to Week 1, Day 1 and get started!

Oh! And one more thing before you jump into the rest of this book: pick one adult you really like and trust. Maybe a parent, aunt, uncle, coach, or small group leader. Maybe the person who gave you this devotional. Tell that person you are starting to read this book. That you want to make it all the way through, but you might need their help. And one way they can help you is by memorizing one verse a week.

**YOU WILL FIND
THE MEMORY VERSE AT
THE BEGINNING OF
EACH WEEK.**

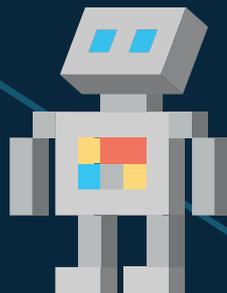
**(It's called the Memory
Verse Challenge. Dub.)**

Challenge your adult partner to memorize it. (You might even give them the memory verse cards at the end of this book to help them.) Check in on their progress through the week. Then, at the end of the week, sign off on whether your partner completed the challenge (whether they memorized the verse). Feel free to give them prizes for memorizing it. (Might we suggest: Doing extra chores for them or giving them a piece of candy from that secret stash under your mattress?)

And remember . . .

Pro Tip #2:

If there's a bottomless pit to
your left, don't turn left.
(You didn't think I'd forget
the pro tips, did you?)



LEVEL ONE





WEEK 1

LOVE

We begin our 9-week journey with the “big one.”

L-O-V-E

It may be the second smallest word (next to joy), but it is the biggest, heaviest, and juiciest part of the fruit of the Spirit.

Love changes everything. It changes how you treat others. It changes how you treat God. It changes how you treat yourself. Love can make you more joyful, peaceful, patient, kind, good, faithful, gentle—well, you get the picture. Love is really *the* most important part of the fruit of the Spirit.

So, let’s start with love.

Define “love” in your own words:

Remember that memory verse thing we talked about a few pages ago? If not, flip back to page 7.

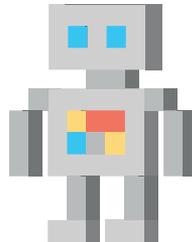
Here's this week's **Memory Verse Challenge** for the adult you picked. ★

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8a, NIV

Pro Tip #3:

If you need directions and don't have a compass, look for the sun or stars. They always move toward the west. (Hey, that's a Minecraft pro tip and a life pro tip!)



DAY 1

WHAT IS LOVE?

1 Corinthians 13:4-8a

The English language is weird. **Take a minute and match the beginnings of these sayings to their endings.** (If you need a little help with the answers, flip to page 15.)

Time flies when you're

the weather.

It's the best of

as good as mine.

So far

having fun.

I'm feeling under

so good.

Your guess is

pie.

It's as easy as

both worlds.

Have you ever heard the phrase "easier said than done"? It means that it's easier to say you'll keep your room clean for a month than actually keeping it clean. It's easier to tell a friend you'll meet them at the trampoline park than it is to convince someone to drive you there. It's easier to say you'll start going to bed earlier than to actually turn off the Nintendo Switch and close your eyes.

Pretty much everything in life is easier said than done (except maybe Peter Piper picked a peck of pickled peppers). That's especially true about love.

How many times do you think you've said you love something in the past week? **Circle one:**

Fewer than 5

5-10

10-20

More than 20

But saying you love something or someone and actually loving are two different things. Love (the kind of love described in the Bible, the kind of love Jesus said is most important, the very first part of the fruit of the Spirit) is easier said than done. In 1 Corinthians, we read:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8a, NIV

Not so easily done, right? You love your mom, but when she gets on the phone with Grandma, and all you need to know is what's for dinner, patience isn't easy. You love your best friend, but when you finally finish that 1,500-piece Minecraft LEGO set, the need to brag (or "boast") is hard to ignore. And then when your best friend buys the 3,000-piece Minecraft LEGO set, all you can think about is how much you want it.

Here's the thing that makes love so important: when you love well, the rest falls into place. When you love well, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control are a lot easier. So put love first, just like Jesus did. Put love first, just like Paul did when he wrote about the fruit (or power ups) of the Holy Spirit.

Go back and read 1 Corinthians 13:4-8a. Then think about how to show love (the 1 Corinthians kind of love) in the following situations. **Write your ideas in the spaces below.**

- 1.** Your friend gets the thing you want most in the world:

- 2.** Your little sister breaks the one thing you would save if your house were on fire:

- 3.** You see one of your classmates being picked on by some older kids in your after-school program:

- 4.** Someone on your soccer team thinks or believes something different from you:



Weird Sayings Answers:

Time flies when you're having fun.

It's the best of both worlds.

So far so good.

I'm feeling under the weather.

Your guess is as good as mine.

It's as easy as pie.



DAY 2

HOW DOES GOD SHOW LOVE?

John 3:16

Ding! Ding! Ding-ding-ding-ding-ding!

Mario flies across the screen, his legs pumping so fast, they look like a blur. He's farther than you've ever taken him. No star missed, the chime from each coin cheering him on, thumbs flying, Mario leaps over one, two, three lava pits, punches through a box, flattens himself against a wall, barely missing being smushed by a boulder. He quickly turns the corner into a boulder-free hallway. You've never been this close.

He falls between two walls. You didn't see it coming, but it's okay. You can get him out. All you have to do is leap, turn, leap, turn, leap—and he's back! Sprinting down the hall toward the floating lift that will finally take him to—**suddenly the screen goes black**. You frantically push buttons, move joysticks, jump to your feet, and that's when you see her. Your little sister holding the unplugged cord of the Nintendo Switch. She's laughing so hard she can't breathe.

You sit back down, heartbroken. You close your eyes and take a deep breath. Then you grab the second remote and hand it to her. You say, "Want to play? I could show you my favorite levels."

On a scale of 1 to 10, how likely is it that you would respond that way in that situation? **Circle one:**

Yeah, right.

Absolutely!

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

Most likely, you circled 1. Maybe if you're a really, really loving person you circled 2 or 3. If we are honest, it's hard to love someone who hurt us. But that's exactly what God did (and still does!).

Remember the story of Adam and Eve? They were the first humans God created. Everything was good; God said so Himself. There was light and oceans and animals and humans. It was like heaven on earth. Then Adam and Eve sinned. And then every single human after them kept on sinning and sinning and sinning.

God was hurt—really hurt. But He showed love in a really big, God-sized way. He sent Jesus. Why? Check out what John (one of Jesus' close friends) said:

God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.

John 3:16, NIRV

God sent Jesus to fix what we broke.

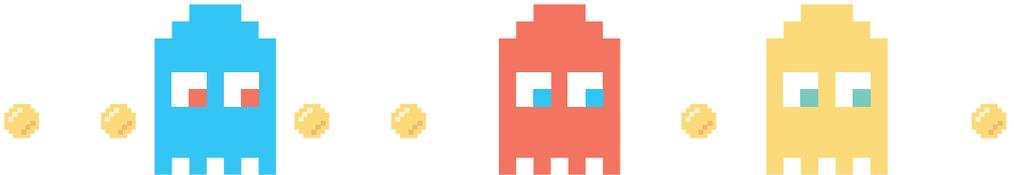
**ETERNAL
LIFE means
life forever
with God.**

God sent Jesus to give us something we don't deserve: **eternal life**.

God sent Jesus because He loves us.

God could have gotten angry. He could have sent a boulder to smush Adam and Eve flat. He could have done nothing and just let us all die. The end. He could have said, "Oh, well. You deserve it."

But He didn't. He saved us by sending Jesus to pay for our sin, to die in our place, and to give us clean hearts. Because He loves us. And that's not all. After Jesus went to heaven, He sent the Holy Spirit to be with us.



So now YOU can have God-sized love. You have the ability to show others God's really, really BIG love. (Which must be why you didn't smush your sister for ruining your Mario game.)

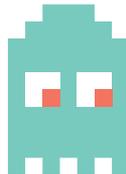
On a scale of 1 to 10, how does it feel to know that the God who made everything loves you in such a big way?

Meh.

W-O-W!

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Take a minute to talk to God. Close your eyes, write a prayer, or go for a walk so you can talk to Him out loud. Whatever feels most comfortable. He hears you no matter how you pray. If any questions or feelings come up while you're praying, talk to an adult (maybe the one who's working on memorizing those 1 Corinthians verses about love). ★



DAY 3

HOW CAN LOVE POWER UP MY LIFE?

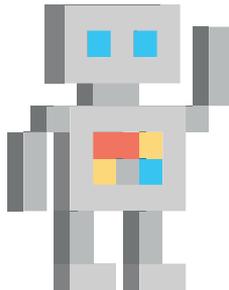
1 Peter 4:8

Have you ever used the instant health potion in Minecraft?

1 water bottle
+ a little nether wart
+ a glistening melon =
health no zombie can touch

Did you know you can turn that potion into
a splash potion? A potion you can throw at
someone else to give them extra bars of health?

(I think we can call those
Pro Tips #4 and #5.)



In real life, just like in Minecraft, we mess up. Instead of zombies and skeletons and creepers, we make bad decisions. We lie to someone, take more than our share, or a million other selfish things that make us (and others) feel **icky**.

But guess what? There's a real-life power up to take that icky feeling away, just like an instant health potion. Can you guess what it is?

icky (adj.):

1. That feeling you get in your stomach when you hope your friend never finds out you told his deepest, darkest secret.

2. That feeling you get in your chest and stomach when your very best friend tells everyone your deepest, darkest secret.

LOVE!

In the Bible, Peter (one of Jesus' closest friends) told us:

Most of all, love one another deeply.
Love erases many sins by forgiving them.

1 Peter 4:8, NIV

Wow. Love can erase sin's ickiness with forgiveness. And no one knew this better than Peter. When Jesus was arrested and about to be killed, Peter ran and hid. He told people he'd never met that Jesus guy before. But when it turned out Jesus really was who He said He was, Peter felt really icky. He'd denied even knowing his best Friend.

But Peter didn't have to feel icky for long. Jesus showed Peter really big, God-sized love by forgiving him. It was like Peter's sin against God was erased. Ickiness gone. Health restored.

Peter + Jesus = BFFE

You can do the same thing. Love can help you forgive. When you love others (and God, and yourself), it's like having endless amounts of health potion to splash around in. People will still mess up. You will still mess up. (You will sin, even.) But the Holy Spirit can power you up with love to erase the ickiness of sin.

Flip back to Day 1 of this week and read 1 Corinthians 13:4-8a again. Is there a time you can think of when you didn't show that kind of love? Or when someone hurt you by not loving you in those ways? **Draw what happened (in pencil) in the box below.** Then, erase your picture and draw over it with a better choice—with how you could use the power of love to set things right. ★



LOOK OUT!

A hazard to love is pride.
(Hazard = danger or risk)

In Minecraft you have to look out for zombies, skeletons, and creepers. In real life, the stuff you have to look out for can be a lot harder to see. Love means thinking of others first. It means playing what your friend wants to play. It means sharing your favorite things, listening, caring, helping, and forgiving.

And none of that is possible when you are filled with pride. A little pride is okay. Like feeling good about something you worked really hard on.

But when you are so full of pride that you can't love others well, that's not good. That's when pride turns into a hazard and takes away your ability to love.



DAY 4

HOW DID PEOPLE IN THE BIBLE SHOW LOVE?

Luke 19:1-10

According to your parents, what do you think would be the worst thing you could be when you grow up?

Circle all that apply:

a lawyer
a politician
an acrobat
a tax collector
unhappy

Hopefully you circled “unhappy,” and you know you have your parents’ loving support no matter what career you choose. But that’s not always the case. And it certainly wasn’t the case in Jesus’ day.

In Jesus’ day, one of the worst things you could grow up to be was a tax collector. They were known for lying, for tricking people, and stealing their money. Sure, they were super-rich but they didn’t have many friends. Even tax collectors didn’t like tax collectors. No one wanted to be anywhere near them. Kind of like those little ghosts chasing Pac-Man.

Pro Tip #6:

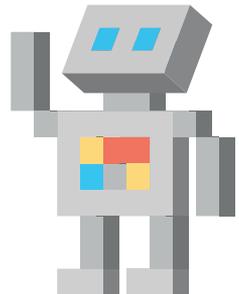
Your Pac-Man will never be eaten by a ghost if you never play Pac-Man.

But as you probably already know, Jesus loves everyone. When He was on earth, He loved tax collectors as much as He loved fishermen. He loved servants as much as kings. The only reason Jesus had for loving someone was: they were a *someone*.

In the book of Luke, chapter 19, there is a story about Jesus going to Jericho (JER-ih-koh). There was a super-rich and greedy tax collector named Zacchaeus (za-KEE-uhs) in Jericho. Zacchaeus climbed up in a tree to get a good look at this Jesus guy he'd heard so much about. Pretty much the whole town hated Zacchaeus. So when Jesus called out to Zacchaeus and asked if He could have lunch with him, everyone was shocked. Why would Jesus want to be around a person like that?

But Jesus didn't see Zacchaeus as a person like that. He didn't feel like He had to avoid Zacchaeus like a deadly Pac-Man ghost. When Jesus saw Zacchaeus, He saw someone to love. Someone who sinned and maybe who didn't quite fit in, but most importantly, *someone*.

Jesus wants you to love the same way. He wants you to see every person as a person to love. He wants you to love the people who are easy to love and the people who are hard to love. He wants you to love others not just because they are people you like, but because they are *people*. And the closer you get to Jesus, the more the Holy Spirit powers up your life, the easier it will be to love everyone.

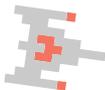


Open your Bible or Bible app, and read Luke 19:1-10.

- 1.** Why do you think Jesus chose Zacchaeus over everyone else in the crowd? (Hint: Read verse 10.)
 - a.** Zacchaeus had really cool sandals.
 - b.** Zacchaeus made a really great fish taco.
 - c.** People like Zacchaeus are the reason Jesus came to earth.

- 2.** Why is it important to show love to the people everyone avoids?
 - a.** Everyone needs to be loved.
 - b.** Love has the power to change someone's whole life.
 - c.** All of the above.

- 3.** How did Jesus' love change Zacchaeus?
 - a.** Zacchaeus' fish tacos + Jesus' recipe for the perfect chipotle mayo = perfection.
 - b.** Jesus' kindness made Zacchaeus want to be a better person.
 - c.** Zacchaeus was terrified of what Jesus might do to him if he sinned again.



4. How would your life be different if you showed love to everyone just because they are someone?
- a. You would have a lot more friends.
 - b. A couple friends might start treating you differently.
 - c. You would spend less time trying to figure out who to like and who to avoid.
 - d. You would worry less about who liked you and why.
 - e. All of the above (and more). ★

Multiple Choice Answers:

1. c
2. c
3. b
4. e



DAY 5

POWER UP
1 JOHN 3:18

Do you know what a homograph is? It's a word with two or more meanings. Words like **bat**, **tear**, **wave**, **bow**, and **floss** are homographs.

Can you think of more than one meaning for all those words?

Love is kind of like a homograph, too. You may *love* LEGO and Roblox and slime and your new Nikes. But not the same way you love Nana and Aunt Alma and Coach Rob and your best friend. **How do you think those two loves are different?**

Love is a feeling. A strong feeling. And just like sadness makes us cry and anger makes us stomp and joy makes us laugh, love makes us want to do something. What kinds of things does love make you want to do? **Circle all that apply:**

Write a song.

Help out.

Draw a picture.

Write a letter.

Talk for hours.

Say encouraging words.

Spend time together.

Do extra chores.

Buy them gifts.

Play games together.

Make cookies.

Give a pat on the back.

Tell inside jokes.

Give a high five.

Give a hug.

Shout from the rooftop.

Whether it's love for the cooking channel or for your grandma, love comes with an action. The only problem is, it's a lot easier to binge watch your favorite cooking show than to call your grandma. It's a lot easier to spend your entire Saturday reading (and loving) Harry Potter than to spend it playing with your little brother.

The love described in the Bible (the love that is the fruit of God's Holy Spirit) is the people kind of love. And the actions that come with loving people require you to put others first. That's why it's harder to love your brother than it is to love a good book.

Dear children, don't just talk about love. Put your love into action. Then it will truly be love.

1 John 3:18, NIV

Read that last part again. The part that says, "Then it will truly be love." The thing that makes our love for others real is our actions. It's the only way the people we love will really feel our love. So while it might mean giving up something you really want (like the last piece of cake), loving others with your actions is so, so important.

Take a minute and make a list of the top five to ten people you love the most.

TOP PEOPLE

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

POWER UP CHALLENGE

You did it! You made it through the first week of devotionals!

First things first: Did your adult devotional partner memorize 1 Corinthians 13:4-8a?

YES

NO

X

(sign your name here)

Bonus: What did you give them for memorizing the verse?

Now for your own personal Power Up Challenge. Remember those names you wrote down yesterday? The top five to ten people you love most in your life? You're going to show them some love!

On the next page there are some love notes. **WAIT!** Before you get all grossed out about sending a love note to your grandma—or even worse, your brother—it's not that kind of love note. These are notes you can decorate and fill in however you want. Just write one reason you love that person (from the list you made yesterday).

Your challenge is to fill out (and deliver!) one note per person from your list. If you don't feel like using these notes, feel weird about cutting out a page from this awesome book, or just want an excuse to use your new art supplies, feel free to make your own. Just be sure to include one reason you really love that person. Then, deliver the notes through the mail (don't forget envelopes, addresses, and stamps) or in person.

Dear _____ ,

You are one of my favorite people on the planet. Why, you ask?

Because _____

I really do love you tons. Love,



Dear _____ ,

You are one of my favorite people on the planet. Why, you ask?

Because _____

I really do love you tons. Love,



Dear _____ ,

You are one of my favorite people on the planet. Why, you ask?

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Dear _____ ,

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Because _____

I really do love you tons. Love,



POWER UP

A 9-WEEK DEVOTIONAL FOR KIDS

Have you ever felt stuck in a video game, on a level that seems to have no way out? And then you remember there's a way to power up that will help you move up?

Well, God wants to help you raise your game. He created us in His image, and He sent His Son, Jesus, to show us the way to live. He also knew we would need help. That's why He sent us the Holy Spirit. With the power of the Spirit, we can produce fruit that points others to Jesus like . . .

Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self-control

This devotional is all about improving your skills—life skills, that is. But don't worry; we'll throw in a few gaming skills along the way.worry, we'll throw in a few gaming skills along the way.



..... \$19.99



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