

upper elementary



Lesson 8 / July 26, 2026

Jesus Changes Lives

By RLD Editorial Team

for use as
STEP 1



Lesson 8

Focus:

Jesus changes lives.

Lesson 8

Bible Basis:

Acts 16:25–34

Lesson 8

Memory Verse:

“Believe in the Lord Jesus, and you will be saved.” —Acts 16:31

Students will discuss change and will identify ways that Jesus changes lives.

Materials:

☐ Internet access

➤ **Name some big changes that have happened to you or that you’ve seen happen to others.** (Answers may include: changing schools; getting a brother or sister; moving; death in the family; etc.)

➤ **How did those different events “change life”—in other words, what were things like before the event, and how were they different after the event?** (Allow students to identify how being quarantined, a move to a different city, a death in the family, or the birth of a new sibling impacted them.)

Sometimes an event changes life in little ways. Let’s take a look at how life changed one day for this man.

Play the following clip for your students [1:44]:

‘The world is our home’: Once homeless, he now grows free food for his Fort Worth community
<https://www.youtube.com/watch?v=dnKxzH83qqc>

➤ **How did Ahmad’s life change because of his request for raised garden beds?** (Answers: He received a job he was passionate about, he transitioned out of homelessness, he helps feed others in his community, etc.)

➤ **Today, Ahmad’s work and passion for growing fresh vegetables help many people in his community. What are some of the “ripple effects” of his kindness?** (Answers: People in the community have access to fresh food, Ahmad’s gardening classes teach others how to grow their own food, seniors receive fresh produce, etc.)

God is using Ahmad to feed and help people in his community! It seems amazing that Ahmad requesting raised garden beds several years ago could have such a long-term impact, doesn’t it? A life-changing event can alter the course of our lives forever. Today we’re going to read a story about a man who had an event happen that changed the course of his life forever.

(Continue on to Steps 2 and 3 in your teacher’s guide; your Step 4 appears below.)



Lesson 8 / July 26, 2026

Jesus Changes Lives

for use as
STEP 4 

Lesson 8

Focus:

Jesus changes lives.

Lesson 8

Bible Basis:

Acts 16:25–34

Lesson 8

Memory Verse:

“Believe in the Lord Jesus, and you will be saved.” —Acts 16:31

Materials:

- ☐ Index cards
- ☐ Butcher paper
- ☐ Markers
- ☐ Tape
- ☐ Optional: church members to share how Jesus changed their lives (see “My Changed Life” in Step 3 activities) or Internet access; camera; church Facebook account or website

If your class is meeting online, invite students to bring supplies to class. Enlist the help of a few church members who would be willing to share about how Jesus changed their lives (see Step 3). Invite them to join your class (whether in person or online). At this point in the lesson, give each of your guests time to share how Jesus changed their lives. You may want to give a time limit of 3–5 minutes. If you are unable to have guests from your church visit, share your own testimony with the class.

We saw in our lesson earlier how the jailer’s life as well as the lives of his family members were changed when they chose to believe in the Lord Jesus. The jailer went from guarding Paul and Silas to taking them to his house, washing their wounds, and allowing them to baptize him and his whole family. What a change of heart! But that’s what Jesus does when we allow Him access—He changes our hearts, souls, and minds, which alters the course of our lives. Today we’ve heard testimonies from multiple witnesses about how Jesus has changed their lives.

➤ **What are words and/or phrases you heard that describe how Jesus changed the lives of those we’ve discussed or heard from today?** (Answers may include: The jailer rejoiced; hearts were changed; joy; peace; feeling forgiven; feeling loved; having a desire to share Jesus with others, etc.)

Distribute supplies (or invite students to have them ready at home). Give your students an opportunity to create a “graffiti card” of the words and phrases they’ve heard this morning on how Jesus has changed lives—they can refer to the Bible lesson, testimonies, or the video clip from Step 1. Encourage them to include words or phrases that express changes they have seen Jesus make in their own lives as well.

With students' permission, you may want to take photos of their cards (or invite them to send photos to you). You may want to compile the cards to share on a private social media group along with the question to your church family, "How has Jesus changed your life?" Tell students they can check their congregation's answers throughout the week.

Challenge students to interview parents, other family members, teachers, neighbors, etc. and jot down any unique responses on their index cards. Tell your preteens to be looking for similarities and differences. What do all the stories have in common? How are the stories different? What do people's lives look like when Jesus enters?

Tell your students if anyone would be interested in talking further about how Jesus can start changing their life right now, you would love to talk to them after class. Help in sharing the Gospel with this age group is found in your teacher's guide.

You might want to reach out to your students during the week to see what they are discovering about Jesus changing lives.

Pray to close.

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