

# LONG HOLLOW WAVE

Artist:

LONG HOLLOW WAVE  
LONGHOLLOW.COM

Album Title & Record Company:

UPSIDE DOWN (LIVE)  
DREAM WORSHIP

Video Title:

UPSIDE DOWN

Study By:

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## Theme

Transformation

## Objective

Students will be encouraged to experience transformation through Christ and then celebrate that transformation.

## Warm Up

Tell the students that you are going to have a contest to see who can melt a piece of ice the quickest. Hand each student an ice cube and tell them to hold it in their hand. Now, without blowing on it, see whose ice cube melts the fastest. You may wish to tell them that this is a contest to see who the “hottest” person in the group is!

## Transition

In this game we illustrated the simple scientific principle of dynamic equilibrium – the transformation of a solid to a liquid. All matter has the potential to do this depending on its melting point. “Transformation” is also a principle of the Christian life. Through Jesus Christ we can all be transformed into the image of God. Let’s watch a video from a youth worship team called Long Hollow WAVE that illustrates this principle of faith.

## The Video

As students watch the video, have them write down the various metaphors that the singer uses to speak of the transformation that God brings about in our lives through Jesus Christ.

## Transition

Have students share the phrases of transformation from the video. Then explain, “As Christians, God ‘sanctifies’ us – He makes us ‘holy’ even though we haven’t earned that status. Sanctification is both an immediate result of our acceptance of Christ and a process of transformation as we continually follow Christ and reflect Him in our lives. Let’s look at a passage from Ephesians that talks about this transformation.”

## Bible Study

Paul wrote the letter to the Ephesians in order to give instruction on being the church. As he often does, Paul began the letter with a theological basis for the church as formed in the actions of Jesus Christ. This is the center of Paul’s discussion when chapter 2 begins.

Have students study **Ephesians 2:1-10** and respond to these questions:

- What was the condition of all people before being made alive in Christ Jesus?
- How is the description that Paul gave regarding all people true for you?
- How does Christ’s action transform us?
- Have you allowed grace through Jesus Christ to transform you?
- What does being “God’s workmanship created in Christ Jesus to do good works” mean for us?
- How does believing in Jesus Christ transform your behavior and turn you upside down?

## Wrap Up

Have the students contemplate whether or not they have received Christ so that He can make them alive and turn them upside down. If they have, is there anything they are holding back from Him – an area in which they have resisted transformation? They should write about this in their Student Guide and then pray about their relationship with Jesus Christ.