Read aloud the following scriptural passage and have the children repeat it with you: “I will show you my faith by my actions” (James 2:18, TEV). Then show them a small, potted houseplant or the branch of a plant with healthy green leaves.

How can you know whether you have faith? By what you do. Faith is a gift from God, but you have the power to strengthen it.

Each of the leaves in this plant (or branch) contains a substance called chlorophyll. Since faith is the lifeblood of your soul, chlorophyll will help you understand how faith works. Chlorophyll is something like human blood. But chlorophyll does something that blood cannot. It makes food. Blood purifies food that has already been made.

How does green chlorophyll transform air and water into food that resembles neither water nor air but contains sun energy? This wonderful new substance, called carbohydrate is the food for people and animals and plants.

Green coloring matter is made in the plant cells. This matter is composed of tiny green specks clustered inside the cells in a leaf. When light strikes these specks, they start the food-making process. A square yard of leaf surface makes about one gram of carbohydrates. That is about as much weight as one straight pin. *(You may wish to show the children a straight pin.*) Working eight hours a day for three months, one and a half pounds of food will be produced. A large tree easily has a half acre of leaf surface. In three months it will make 3,630 pounds of food. Chlorophyll is the magic substance that performs all this work in the presence of sunlight.

Faith is like chlorophyll. Faith in God gives you warmth, health, and sound judgment. Faith is a powerful influence in your life. When the sunlight of God’s love works on your faith, you will show it by a life of good works. Ellen G. White wrote this: “No one sees the hand that lifts the burden, or beholds the light descend from the courts above. The blessing comes when by faith the soul surrenders itself to God.”

Then you can produce great things as do the sunlight and chlorophyll that transform air and water into food.

*Eileen and Jay Lantry*

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