

OBJECT LESSON OR KIDS SERMON

ITEMS NEEDED:

A hot pepper

A glass of milk and a glass of water

Note: Use your discretion as to whether you use a student or adult to demonstrate this lesson.

How many of you like hot and spicy foods? They're not for everyone, but some people enjoy the burn of hot wings, hot peppers, and other hot treats.

But what if you taste something spicy on accident? Or what if that pepper turns out to be too spicy? What do you do to douse the flames? Do you grab a water, or milk?

Pick a volunteer. Have them take a bite of the pepper. When they feel the burn come on, have them try the water first, then the milk.

Water doesn't douse the flame of hot food. It makes it spread. It spreads the hot stuff all over your mouth. But milk? Milk stops the burn. It soothes your tastebuds.

When someone hurts us, we have a choice. We can fan the flames with revenge, or we can douse the flames with love.

Jesus wants us to show love. He wants us to reject revenge and forgive. Let's ask God for the wisdom to choose forgiveness instead of hate and revenge.