

# **SOMETIMES**



## Sour Face

Choose a few volunteers who are willing to suck on a slice of a lemon for ten seconds without making a sour face.

*Spiritual Application:* Sometimes we have sour or rotten days, but when life goes sour, if you have given your life to Jesus and are following Him, you can know that He will sweeten it. Have your students turn to the person next to them and say, “Jesus makes life sweet!” Give each volunteer a lemonade and have them taste it. It’s the same lemon taste but with something added. It’s not alone and neither are you—Listen to a great promise from Romans 8:28.

