

## Sweet and Sour

Choose two volunteers. Give one a cup of unsweetened kool-aid; give the other a cup of sweetened kool-aid. Tell them on the count of three to take a big gulp.

Ready...1...2...3...go!

*Spiritual Application:* Some people have sour hearts. That cup of kool-aid tasted bitter because it didn't have any sugar. If a person doesn't have thankfulness, it can sour a heart and make it bitter too. Read 1 Thessalonians 5:18. We can give thanks in all things, not because we like them or understand them but because we have a God who is alive, who cares for us and who can turn any bad to our good if we know Jesus and are walking with Him (Romans 8:28).