



LIVE THE STORY

week three

This week with our 'live the story' we are focusing on filling ourselves with good/joyful things to help when life situations try to bring out anger.

PREP:

****Suggested to be done outside****

Open one 2-liter bottle let it sit to release pressure from carbonation. Keep the other 2-liter closed.

(you might also wear some protective eye wear just in case)

Write "UGLY" on some (or at least one) of the Mentos to represent things that lead us to anger.

EXPLAIN ACTIVITY:

Explain that the one bottle is when we are filling ourselves with good things/thoughts. Pop a couple of Mentos in there and nothing happens. On the other hand, when we're bottling up anger against someone (including ourselves) and ugly things come at us (give some examples), we can explode. Keep putting Mentos into the 2-liter, it will eventually bubble out/explode out the top.

QUESTIONS & COMMENTS AFTER:

- How can we help avoid exploding with anger like this?
- When have you seen this happen in your life?
- What can we do when we explode?

PRAY OVER IT

