

# What goes in eventually comes out

A kitchen is a great place to do this.

Step 1: Get 3 small cups or glasses.

Step 2: Fill them with a couple ounces of water.



Step 3:

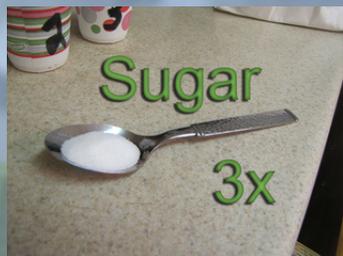
In cup/glass 1, dump in a few table spoons of sugar and stir.

(Use more in bigger glasses)

Step 4:

In cup/glass 2, dump in a 4 table spoons of salt and stir.

(Use more in bigger glasses)



## Step 5:

In cup/glass 3, Put in equal amounts of salt and sugar and then stir.



## Step 6:

Taste the water in each glass. How does each glass of water taste?



The cups/glasses represent your brain. The kind of things we put into our brain ( type of music, shows, books, movies) will eventually fill it and help determine what kind of water or (thoughts and actions) come out.

If all you ever put into the glass is salt, will it ever taste sweet?

It is really hard to separate sugar water and salt water once they are mixed. The salt effects how the sugar tastes, but Jesus can forgive us and show us what we need to do to help lesson the bad stuff and increase the good stuff in our life.

Ask God to reveal the things in your life that you need to stop putting into your head. God loves us very much and wants us to be closer to Him. Jesus forgives us of our sins and can cleanse our minds if we ask Him.

Romans 12:1-2 says, "1 Therefore I urge you, brothers, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service. 2 Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God."

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