

Children's Sermon for July 28 (based on Luke 11:1-13)

Item needed: small dumbbell (can be bought relatively cheaply at Five Below), wadded-up sock, short-sleeve shirt worn on the day of children's sermon. After kids come up, put dumbbell on floor and ask them what it is. Pick it up, curl it up towards your shoulder, and set it back down. Ask kids to look at dumbbell and ask if it looks any different to them--no. Repeat two more times, asking each time if the dumbbell looks different. In today's Bible reading, Jesus talks about praying. Praying is when we try to listen to God, and share our hearts with God. Sometimes, praying is like the lifting I did with the dumbbell. Sometimes, we pray and pray, but things don't look any different--just like the dumbbell doesn't look any different. But Jesus encourages us to keep praying and praying, just like I can keep lifting up the dumbbell, over and over (pick up dumbbell and start curling it up towards your shoulder, over and over.) I could lift this dumbbell a thousand times, and it still wouldn't look any different. But, if I did lift the dumbbell a thousand times, there IS something that would look different (stick wadded-up sock up your sleeve so it makes your bicep look big.) My muscle would grow. Sometimes, when we pray and pray and pray, it might look like nothing is happening, but whether or not we can see anything happening when we pray, our "Faith muscle" (point to wadded-up sock) is growing stronger.

By Rev. Dave Quinn