

Boredom Busters &

The Word!

~ The Volcano- Renewal ~

What you will need:

- 2 small paper cups
- 1/4 cup baking soda
- 1/4 cup vinegar
- Red food coloring



How it's done:

1. Fill the bottom of one small paper cup with 1/4 cup baking soda and set it on a plate
2. Place 4 to 6 drops of red food coloring on top of the baking soda.
3. Poke a hole, about the size of a dime, in the bottom of the second paper cup.
4. Place the second paper cup upside down over the paper cup filled with baking soda.
5. Pour vinegar into the hole until the volcano begins to erupt.

The Word:

Did you know that when the volcano erupts it makes new rocks and stones? It renews itself. For those of us that know God, we can be renewed every single day of our lives. This kind of renewing doesn't happen on our skins. It doesn't happen on our outsides. We can start fresh with God anytime. It happens when we ask God for forgiveness and ask God to forgive our sins.

“Though outwardly we are wasting away, yet inwardly we are being renewed day by day.” II Corinthians 4:16