

Sponge

Scripture:

Do you not see that whatever goes into the mouth passes into the stomach and is expelled? But what comes out of the mouth proceeds from the heart, and this defiles a person. (Matthew 15:17-18)

Main Message:

We are made up of all the things we know. It is important to put our emphasis on trying to know God.

Materials List:

(1) Sponge

Song: *Create in Me a Clean Heart*

Lesson:

The kitchen sponge; you either love it or hate it. Some say it is wonderful to use because it can soak up a juicy mess better than any paper towel. Some say the more it cleans the more it dirties. Well, whatever side you're on, you are correct.

It can't be denied that the sponge is great for soaking up messes. One swipe over spilled juice can almost always take care of it. That is why a popular saying is, "She/He has a mind like a sponge". The person to whom this is referring can take and store great amounts of information.

That sounds good, right? It is *if* you are receiving the right type of information. You see, whether or not we think we have an above average ability to remember things, our minds soak up a great amount of information every day. It is not only the facts told to us by teachers or the content of the books we read. It is everything our eyes see, our hands touch, our ears hear, and our mouth tastes.

As sponges do, we will keep all of that information inside us. It can shape who we are. That is why we want to surround ourselves with good. What goes in is also what comes out.

Now for those of you who do not like the sponge, it may be because sponges can hold bacteria and spread germs to other surfaces. Like the bad information we have soaked up, we can spread it around to others. Filthy language, gossip, watching inappropriate movies all give us those bad "germs" that can resurface.

Fortunately, you can sanitize a sponge. Heat kills the bacteria in a sponge making it as good as new. While we can never un-watch a movie or un-hear gossip, we can ask God to sanitize our minds. If we truly strive to live for Him and receive information that goes along with a Christian life, He will help us to not spread the bad bacteria.

Prayer: Help us be aware of the information our minds receive and to reject that which is contrary to the Word of God.