

# Bitter and Sweet Water

## Exodus 15

### Teacher Preparation

Read the Family Lesson, Level 5: <https://www.newchurchvineyard.org/file/family-lesson-bitter-and-sweet-water-exodus15.pdf>

### Introduction

Welcome the kids and ask them how they're doing.

### Teacher Preparation

- Print a worksheet containing a chart for each student. It is on page 2.

### Activity

- Think of four situations to illustrate the principle of turning bitter water into sweet water.
- On the chart, write down several situations, and how you might feel about them at the beginning, showing the initial "bitter" response, and the action that transforms the feelings into "sweetness." You can think these up on your own, or brainstorm with the others. You may also use real life situations that you have experienced, or you could just use imaginary (yet realistic) ones.
- Remember, it may involve doing something *right*, or not doing something *wrong*.

## Exodus 15: Bitter and Sweet Water

Situation	Initial Response	Action	Result
<i>eg. Your mom asks you to help with your younger sibling.</i>			
<i>eg. Your friends are saying mean things about another classmate.</i>			