Date: 9/9/17

Title: The “Too Busy” Jar

Theme: Our light can’t shine if we’re too busy to think of Jesus and pray for His help.

Object: Quart jar labeled “Too Busy.” Jar lid with candle on inside side.

Text: Matthew 5:16 (NKJV) Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

Have you ever tried to hold your breath? Do you think you can hold your breath for a long time?

This morning, I want you to take a deep breath and hold it while I tell you something very important about the air we breathe.

Ready? On the count of 3 everybody take a deep breath and don’t let it out until I tell you. 1, 2, 3, everybody breath in. Keep holding it while I talk.

You know, a lot of times we may not stop to appreciate the air we breathe in every day.

But God made the air just right so that when we breath it in, we can live.

Even though we can’t see the air we know that it is there.

We can feel the wind on our face and the pressure in our lungs when we hold our breath.

The air is made up of various gases, but for the most part, it contains one part of oxygen and four parts of nitrogen.

It is the oxygen in the air that is essential for life.

When we breathe in, our lungs take oxygen from the air and put it into our blood.

Our blood carries oxygen to all parts of our body because they need oxygen in order to live.

When blood gives up oxygen, it turns blue. That’s why when you look at your veins, they look blue. The blood inside really is blue and it needs to go back to the lungs to get more oxygen and turn red again.

In fact, if you held your breath long enough, your whole body would turn blue.

Are any of you turning blue? Go ahead and take a breath now. How many made it on just one breath?

Doesn’t it feel good to breathe again? Feel that oxygen rushing into your lungs?

Without oxygen, you and I would turn blue and die very quickly.

Now people aren’t the only ones that need oxygen in order to live.

I brought something in my bag this morning that also needs oxygen. [Set up candle and light it.]

In order to burn, this candle needs a constant supply of oxygen from the air around it.

You know, kids, as Christians, you and I are like this candle.

The Bible says that if we love Jesus and have asked Him to forgive our sins, we are all “the children of light.”

And Jesus called His followers the light of the world, and He told us to let our lights shine for Him so that others will see how loving and good and kind and forgiving God really is.

But in order for our lights to shine for Jesus we need something special just like this candle needs oxygen.

And the thing we need is a constant supply of Jesus: we need to be connected to Him in prayer all the time.

The sad thing is that we often get too busy to think about Jesus.

We think about school or friends or toys or eating or playing or watching TV or having fun.

These are all fine, but don’t get too busy for Jesus.

So I brought this “too busy” jar to show what happens to our light when we get too busy for Jesus.

[Put “too busy” jar over candle]

Just like a candle needs a constant supply of oxygen, we Christians need to be always thinking of Jesus and praying to Him.

When we get too busy for Jesus, our light gets weaker…and weaker…and weaker.

Remember Daniel: He prayed morning, noon, and night. Prayer was so important to Him that he would rather get thrown in the lions’ den than quit praying.

Daniel kept his light burning bright.

Would you like to keep your light burning bright?

Let’s ask Jesus to help us never be too busy for Him.