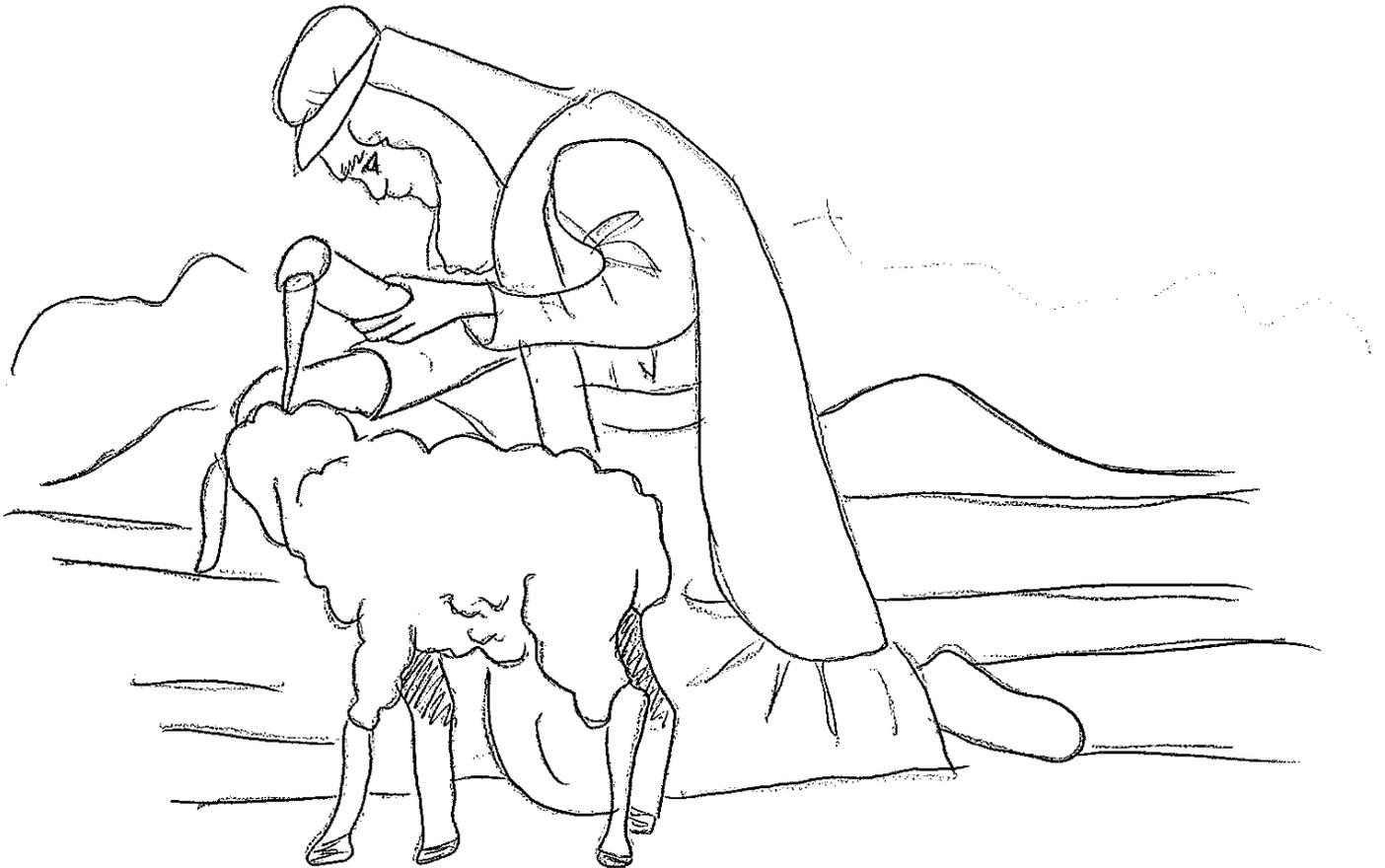


You anoint my head with oil;
my cup runs over.

Psalm 23:5



*And you shall speak to the children of Israel, saying:
"This shall be a holy anointing oil to Me throughout your generations.*

Exodus 30:31

You

*ou anoint my head with oil;
my cup runs over.*

~Psalm 23:5

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*And you shall speak to the children of Israel, saying:
"This shall be a holy anointing oil to Me throughout your generations.*

Exodus 30:31

God's Many Blessings

by Craig

God overflows our cups with blessings. This object talk will help kids see the power in these blessings.

Materials:

Water glass (about 2 1/2" in diameter)
Pitcher of water
Spoon
Some Cheerios®
10 to 20 marbles or large coins for blessings

Duration:

Approximately 5 minutes

Topics:

Blessings

Target Audience:

Grades 1-6 (Ages 6-12)



[Click Here for Diagram](#)

Preparation:

This works quite easily, however you will want to practice a few times before the class.

What you will do:

You will ask a volunteer to pour water into the empty glass, and to make it as full as possible. Then you will float a Cheerio and watch it move to the side of the glass. Then you will drop blessings (objects) into the glass of water one by one until the water swells over the top, but stop before it runs over. Then you will float another Cheerio, and it will stay in the center of the glass. (This works because of surface tension. When the water is first poured in, the surface of the water is shaped like a flattened "u" and the Cheerio wants to go the highest place it can find which is toward the side of the glass. After adding the blessings, the surface of the water is shaped like a flattened "n". Now the highest place is in the center.)

What you will say:

In Psalm 23:5-6 King David said his cup was overflowing, not just full but more than full. Why does God give us so many blessings? Is it so we can be happy? (Yes) Is it so we can be safe and comfortable? (Yes) It is also so we can do great things for Him.

Let me show you what I mean. Here I have an empty glass, and a pitcher of water. I need a volunteer to pour the water carefully into the glass, as full as possible. (The child will fill the glass, but will normally stop before it begins to overflow - some coaching may be needed.) We now have a glass that looks full. Now, can we make this Cheerio float in the center of the glass? Let's try. (Drop the Cheerio onto the surface and watch as it moves to the edge of the glass.) Look, it goes to the edge of the glass.

What would happen if we add blessings? Let's pretend these marbles are blessings. (Add marbles one by one and as you do, give an example of a blessing. Watch as the water rises over the brim and stop before it pours over the edge.)

Example: The clean air we breathe
People who care for us
Rain to keep things green
Ice Cream and other tasty treats

Food to make us full
A place to worship God
Good Health

A loving God
Good friends
Teachers to teach us

Because God gives us so many blessings, our cup is more than full. Let's see what happens now. (Drop another Cheerio into the cup.) Look! Now it stays right in the center. We can also do amazing things for God because of the blessings he gives us, like sharing Jesus with our friends, or singing in a choir, or helping to teach Sunday school. Not only can these be blessings to us, but they can also be some of the many blessings God gives to

others. Let's thank God today for His many blessings.

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