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An rfour.org Children's Time Message

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Written for Sunday, October 11, 2015

20th Sunday after Pentecost

Lectionary Year B

**Scripture:** [Mark 10:17-31](#) [ **Summary:** *Letting go to receive even more from God.* ]

**Supplies Needed:** No supplies needed

**ASK** (a.k.a [The On-Ramp](#))

- Good morning!
- So let's try something...
- First, take a big breath of air in and then hold it. Just take in this big amazingly huge breath of air and then hold it in.
- Ready? I'll do it with you. On three. One... two... three... BREATHE IN and HOLD!
- [try to say the following without expelling very much breath...you should sound a little funny - that's the idea] -- Now that you're all full of air, WITHOUT LETTING GO OF THE AIR YOU HAVE, try to breathe in another HUGE breath! 1, 2, 3, GO!
- Ok, you can go back to breathing normal.
- So, what do you think? Could you breathe in as much air the second time as you could the first time?
- Why not?
- That's right! You couldn't get as much air because you were still holding on to that first breath of air.
- The way breathing works is that you have to LET GO of the first breath in order to be able to take a second breath.

## **TELL** (a.k.a. *The Freeway*)

- In today's Bible story, we hear Jesus tell someone that they have to let go of the air they have in so that they can then take in *more* of God's air.
- OK, that's not QUITE what Jesus says, but it's the same idea.
- What actually happens is that there's a man in the story who asks Jesus how he can better follow Jesus and better receive what God is offering him.
- So Jesus tells him that he has to let go of this one thing that the man is holding on to.
- As we just saw with our breathing exercise, if the man doesn't let go of what he is holding, then he's not going to have room to accept what God is offering.
- That's why the man has to let go of that one thing, because then he'll have more room to follow Jesus and receive what God is offering.
- But, this is a hard thing for the man to do because he has to let go of what he has BEFORE he receives the next things that God is offering.
- And, I think we run into this ALOT in life -- when the thing we're holding on to is something other than air, it is not so easy for us to let go BEFORE we receive the next thing!

## **SHARE the Good News** (a.k.a. *The Destination*)

- And this is one of the reasons why Jesus is so helpful.
- He both tells us and then shows us how there's always more of God's wisdom, direction and healing love for us to receive and then share with one another.
- And, the more of that wisdom, direction and healing love we share with others, the more we'll be able to receive from God as well.
- That's the good news for us today
- Let's pray. This is a repeat-after-me prayer.

### **CLOSING Prayer**

**Dear God,  
Dear God,**

**Thank you for Jesus...**

**Thank you for Jesus...**

**...who shows us...**

**...who shows us...**

**...how to receive...**

**...how to receive more...**

**...more of your gifts...**

**...more of your gifts...**

**...by sharing the gifts...**

**...by sharing the gifts...**

**...you've already given us.**

**...you've already given us.**

**Thank you and amen**