

NO FLU FOR YOU

Theme: Protecting ourselves from sin

Scripture: Genesis 4:7

Props: A dust mask or surgical mask

Have you heard about the flu? It's all over the country – especially in schools. But as you can see, I'm ready. *(Put on dust mask.)*

What are some of the ways you can protect yourself from the flu? *(Solicit answers such as: wash your hands frequently, use hand sanitizer, get a flu shot, stay away from people who are sick, etc.)*

Well, that flu virus is pretty sneaky. You can't see it, but it's there. And it's ready to infect you as soon as you let your guard down.

And sin is pretty sneaky, too. Just like the flu virus, you can't see it, but it's there. And it's ready to infect us if we let our guard down. Let me read you what God said to Cain in Genesis 4:7. He said, "...if you do not do what is right, sin is crouching at the door; it desires to have you, but you must master it."

So sin is just waiting to pounce on us. And just as we have to protect ourselves from flu, we need to protect ourselves from sin, too. And there are a number of ways to do that. For instance, we can use the tools in our Christian tool box: prayer, Bible study, meditation and fasting. And it's important to stay connected to the Body of Christ – the church. In other words, stay in contact with other Christians who will help encourage you to do the right thing and not sin.

So, we need to protect ourselves from the flu; but we also need to protect ourselves from sin.

Let's pray about that: Heavenly Father, we pray that You will keep us safe and well. Please protect us from the flu and other illnesses. And please protect us from sin. In Jesus' name we pray. Amen.

Song: "A Shield About Me"