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Watermelon Drop

THEME: Holding on to purity, integrity, honoring parents, honoring God, and staying true to our faith

☐ Six watermelons (can substitute eggs) ☐ Permanent marker ☐ Step ladder or second-story window to drop watermelons from ☐ Plastic sheeting (if doing this indoors)

Advance Prep

You're going to drop the watermelons/eggs from a high enough position to ensure that they smash, so you'll need to decide on the site for your launch pad. A second-story window would be ideal. Or you could use a step ladder to get the height you need. Once I stood on the flat roof of the church and dropped the

watermelons onto the parking lot. It was better than fireworks. I've also dropped eggs from shoulder height when we needed to contain the mess a bit more.

During the lesson, you can drop the watermelons—or let the kids do it. I've done the lesson both ways. Either the kids have the joy of dropping them or the fun of standing near the impact zone.

Dropping the watermelons on a hard surface is important. So if there is grass below the window, drag a piece of plywood to the drop zone so the watermelons are sure to splatter on impact.

I'm going to go forward with this lesson as if you're using watermelons, but you can use raw eggs if you'd prefer. They cost less, are always in season, and make less mess—but they don't make quite the "splash" that a watermelon makes. If you use eggs, you can definitely do this lesson indoors too, if you spread a little plastic.

Take the permanent marker and write a different word or phrase across each watermelon in bold letters: PURITY, INTEGRITY, HONORING PARENTS, HONORING GOD, STAYING TRUE TO THE FAITH, or whatever else you'd like to emphasize. Keep one watermelon blank.

And during the activity with the kids, it would be great to shoot a video—in slow-mo. The kids will enjoy watching it later—and it will make a great reminder for the truth of the lesson.

Running the Activity

Have the row of watermelons lined up so the words written on them are visible. Keep the blank watermelon out of sight for now.

There are many things we've been taught to hold on to. Things we're to protect. Here are a few.

- **Purity.** Staying free from a secret life of getting into porn, for example. Avoiding physical acts of sex before marriage.
- **Integrity.** Being honest. Trustworthy. Dependable. Kind. Doing the right things.
- **Honoring parents** by being obedient and respectful. By obeying us . . . even when we wouldn't know if you didn't. By not complaining about having to obey us.

- **Honoring God** by obeying him and clinging to him. By living according to God's Word.
- Staying true to the faith. We don't put on an act and become a hypocrite, and our personal faith in God is real, growing, and showing fruit in our lives.

We know these things are important. The Bible says they are. But the enemy wants you to relax your convictions. The enemy wants you to let them go. Sometimes friends will encourage you to let them go too. They'll try to convince you of how much fun it will be.

But when you let these virtues drop, what happens?

Each of you grab a watermelon, and let's find out.

Have each of the kids grab a watermelon and carry it out to the launch site. If you're on the second story, bring all the watermelons to the second floor and then send the kids down to wait on the ground below. They'll appreciate how the watermelons burst at the moment of impact.

(Before each watermelon is dropped, read its label and remind them of how the world is going to urge them to let that go.)

This watermelon represents purity. The Word says you're to hang on to it, but the world and maybe some of your friends may encourage you to let it go. Let's see what happens when we do.

(Repeat this procedure before you drop each watermelon. I'd wait until after you teach the lesson before you clean up the mess so you don't lose their attention.)

Teaching the Lesson

Purity. Integrity. Honoring parents. Honoring God. Staying true to the faith. Each of these, and more, are things the Bible tells us to hang on to. And with each of these, you'll have the world and friends trying to convince you that you'll miss something fun and exciting if you don't let them go.

• Do you think it might be fun, exciting, and sometimes thrilling to let some of these go?

- Do you think your friends might accept you better if you let some of these go?
- Ultimately, who would you let down . . . who would be disappointed if you let one or more of these go?

The Bible says this in John 10:10:

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

This pretty well sums up what our enemy—the devil and his demons—is all about. It sounds like something right out of a horror film. Steal. Kill. Destroy.

- **Steal**—your true joy, and leave you with crippling guilt and shame and consequences. Steal your future joy too, especially when it comes to purity.
- **Kill**—your passion for God and for following him. When we sin, something inside us dies. And this often leads to a whole lot more compromise and pain.
- **Destroy**—your purpose, some of the very things God has planned for you to do and to accomplish here on earth. See Ephesians 2:10.

There is so much more that I can say about this topic—and if you want to keep talking about it, we can. Otherwise, let me start to sum this up.

Summing It Up

God makes it clear that we're to hang on to some things. Guard them. But it can be really tempting to drop those things. Friends can pressure us to let them go too. It can bring short-term thrills. It can be fun. But like smashing watermelons, letting go of things God tells us to cling to always leaves a mess.

And some things, like virginity, you can never get back once you've let them go.

Sin is sticky. The effects of it tend to stay around a long time, and the consequences in the future can be really costly.

When we get something sticky on our hands, other dirt and junk tends to stick to them as well. Sin works the same way. When we don't keep our hands

clean from sin, more and more tends to cling to us. (Pull out the one watermelon you didn't write on, the one you didn't drop. Use that as a visual as you remind them not to let these key areas in their lives "drop.")

The Word tells us to hang on to some things.

- Purity . . . always. The day will come when you will enjoy sex in marriage, but the enemy wants to offer you a shortcut.
- Integrity . . . always.
- Honoring parents . . . always. Of course, we're working toward you being free and making all your own decisions, but honoring parents is something you'll do for your lifetime, and someday you'll have kids who do the same.
- Honoring God . . . always.
- Staying true to the faith . . . always, always, always.

Don't let them go. Cling to them. Protect them—even when it would be easy to let them go. Make sense?

I think we would all say that we love God, or that we want to love him. This is a way you can show you truly love. Trust God enough to obey him and live his way.

Love must be sincere. Hate what is evil; cling to what is good. (Rom. 12:9)

Do not be overcome by evil, but overcome evil with good. (v. 21)

Have the kids help you clean up the debris—a subtle reminder that sin makes a mess. Also, cut up that good watermelon, the one you didn't drop, so everyone can have a snack. It will be one more reminder that holding on to the things God tells us to cling to can actually bring us nourishment and enjoyment in the future.