

---

## Activity Time

## *Turning Bitter to Sweet*

---

**Description:** The Israelites suffered through bitter times when they forgot the Lord, but were blessed with strength when they repented. Use this object lesson to demonstrate the sweetness of repentance.

**What you need:** 2/3 Cup Ice water per person (in a pitcher)  
1/3 Cup Sugar syrup per person (prepared as directed below)  
2 Tablespoons Lemon juice per person (4-6 lemons)  
1 Glass for each person  
1 spoon for stirring (or a spoon for each person)

**Preparation:** Prepare the sugar syrup as directed in the Repent-aid (Lemonade) recipe included in the "Treat Time" section of this lesson.

**Activity:** 1. Pour 2/3 cup water into each glass. Have each person take a sip of water.  
Ask "How does the water taste?" (Pure, clean, refreshing, etc...)  
Explain that the water represents us after we have been baptized.

2. Add 2 Tablespoons Lemon juice into each glass and stir with spoon.  
Have each person take a sip.  
Ask "How does it taste now?" (Bitter, bad, icky, etc..)  
Explain that the lemon juice represents sin.

3. Add 1/3 cup Sugar syrup to each glass and stir with spoon.  
Have each person take a sip.  
Ask "How does it taste now?" (Sweet, good, etc...)  
Explain that the syrup represents repentance.