**Candy Cane**

We need to stay constantly connected with God if we want good “breath.”

**Prep**

Get a regular (peppermint flavored) candy cane for every student.

Turn your Bible to 1 Thessalonians 5:17.

**Demonstration**

Give every student a candy cane and instruct them to start eating them. Then after everyone has a chance to eat some of their candy cane tell everyone to smell their neighbor’s breaths.

**Object Lesson**

“What kinds of things give you bad breath? Yes! Garlic, onions, old coffee, etc.

Thankfully around Christmas we eat a lot of candy canes and they give you great breath!

Think of eating a candy cane like communicating with God through praying and spending time in His Word. When we spend time with God it changes how we think and act, just like eating a candy cane changes our breath.

But eating a candy cane once a week won't keep your breath smelling good. If you want peppermint fresh breath you need to eat candy canes a lot.

In the same way, to "smell" like God, to be like him, we need to spend time with him constantly.

We need to spend time reading the Bible every day and we need to constantly be talking to God in our hearts.

1 Thessalonians 5:17 tells us to “pray without ceasing.”

And the longer we go without communicating back and forth with God the worse our spiritual breath is going to get, because the longer we go without praying and studying God’s Word the less we are going to think and act like Jesus.”

**Wrap Up**

“God wants us to be talking to Him all the time! And if we do that, it will definitely affect how we live, in the same way a candy cane affects our breath.”