

Who can tell me what they know about superheroes? Yes they have superpowers and wear their underwear on top of their clothes.

We as Christian have superpowers. Superpowers that God has given us. We shall learn what they are today.

Our Bible reading was from the book of Ephesians. This is a letter written to Christians who lived in a city called Ephesus. That's why we call it Ephesians. If the letter had been written to us we might call the letter Nuneatons!

This letter was written many years ago by one of the first Christians named Paul. Paul was a great leader in the church. Paul travelled around quite a bit and made friends for Jesus. He liked to keep in touch with all the people he met. He was helping to build the first church.

The first Christians often had problems. They were just figuring out how to be a church and sometimes they fought among themselves and sometimes they just didn't know the right thing to do. Paul's letter answers their questions and gives them advice on how to be better followers of Christ. Even though this letter was written two thousand years ago, it's advice is still good for us today as we try to be better Christians.

In this letter Paul tells them what to do when they are angry.

Have you ever been angry? What did you do when you were angry? Did you feel like you needed help?

Everybody gets angry. And that's all right. Paul doesn't tell the Ephesians not to get angry. Instead he gives them two secret weapons they can use when they start to feel angry. Can you guess what they are?

One of them is LOVE. Paul tells the Ephesians and us to imitate God and Christ. He tells us to live in love. He says be tender and kind. Sounds simple, doesn't it? Well sometimes we forget and look for ways to get even with people who make us mad. That brings us to a second secret weapon.

This secret weapon is really powerful. It is a true super power. If you learn to use it, you will be a superhero. You don't have to be big or strong to use this

super power. You just have to practice. This powerful secret weapon is FORGIVENESS. Sometimes, maybe even most of the time, it is hard to forgive someone when we are angry. But you will be surprised if you work at it, you will discover that once you forgive someone, the other person feels better, but so do you! The next time we get angry, let's look for a way to forgive. It might be hard at first. It does take practice. And I can tell you even grown-ups have to work at this a bit. But we can do it and God will help us.

It is never fun to feel angry, but if you do start to feel anger, stop and remember the word FORGIVENESS. Take a deep breath and while you are exhaling think of a way you can forgive.

During the service I asked the children to come to the front of the church, they helped me with an experiment of how God takes away hurt so that we can forgive.

I put two pennies in a shallow glass pyrex dish and then poured water with brown food colouring in into the pyrex dish.

One penny represents us and the other a person we may need to forgive or they may need to forgive us, which means we would need to forgive ourselves.

I spoke about the unclear water feeling like sludge and not being able to freely and easily reach the other person to forgive them or ask them to forgive us.

I then place a candle in a glass jar into the middle of the unclear water and between the pennies. I then lit the candle.

As the candle burnt for a moment I spoke about how God is the light and how he makes us feel better because he loves and forgives us.

I then placed a clear glass vase over the top of the lit candle as the candle burnt and then went out the unclear water rose in the vase. The vase securely held the fluid which meant that the two pennies were set free. This was a symbol to show how God takes away our sins making a clear path so that we can love and forgive.