

## Make your own **STALACTITES** & **STALAGMITES**

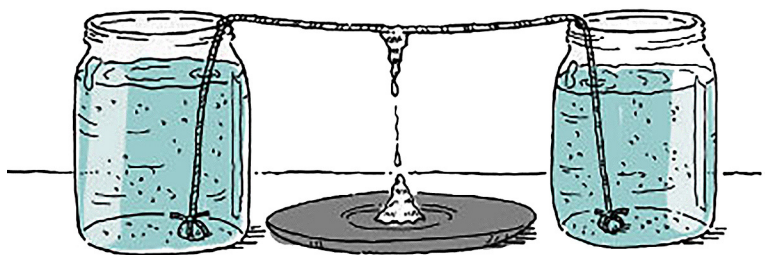
It takes hundreds of years for stalactites and stalagmites to form in caves. Unfortunately we can't watch this miracle of nature happen naturally, but with this activity, you can watch them develop within days.

### Supplies:

- Two jars
- Water
- Epsom salts
- String
- A rock or weights

### Directions:

- 1 Make a "cave" by filling your two jars with WARM water. Start adding Epsom salts until no more will dissolve in the water. Wet the string and tie a small weight to each end. Put one end in one jar and the other end in the other jar. Place a plate between the two jars and hang the string over the plate. Put it in a safe place.
- 2 Check your "cave" at least once a day to see if anything is forming on the string.
- 3 If you don't know which way stalactites and stalagmites grow, here's a hint to remember. Stalactites have to hold on tight to the ceiling of the cave and stalagmites have to be mighty to stand up on the floor of the cave.



### Bible Lesson

We can be like stalactites and stalagmites too if we remember that Jesus gives us our strength. The more we grow as a Christian, the stronger we can be to resist sin. When we resist sin, we are an example to those around us of how wonderful Jesus is and how much He loves us. He is the one that gives us victory!

Look up these Bible verses and see how they apply to the activity:  
1 John 5:4, 5, Revelation 3:5, James 4:7

**“He gives power to the weak, and to those who have no might He increases strength.”**  
– Isaiah 40:29