

FIT CARD

CHILDREN

Mealtime Moment

“Eggs-cuse Me?”

Best Use

As a breakfast meal chat (or “breakfast for dinner”)

Nutritional Value

Illustrating the Gospel and discussing our true status without Christ

Advance Preparation

- Have enough eggs to make omelettes for everyone, including whatever ingredients you want to add (cheese, mushrooms, bacon, etc.).
- Set apart one egg that will be your “rotten egg” (you can use a regular egg, discolor one yourself, or find an actual rotten egg).

Serve it up

SAY: Share that you have something to confess about the omelet's – “I discovered that one of the eggs was rotten but used it anyway to make sure we would have enough food for everyone.”

ASK: “Who still wants to taste their omelets first?” (Wait for reactions and then reveal that you were just kidding and have everyone begin eating).

ASK: During the meal, hold up your designated “rotten egg” and ask what they would have thought if your attitude had been, “I’ll just mix this rotten egg in with all the good ones and no one will know the difference.”

READ: Read James 2:10 together: *“For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it.”*

SHARE: Explain that every sin is like one rotten egg in an omelet, it ruins the whole person.

DISCUSS: Ask if anyone knows the solution to our rottenness (i.e., Jesus’ sacrifice on the cross pays the penalty for our sin).

DIG DEEPER: For further study together on how sin impacts human omelet's see Romans 3:23-24.

PRAY: Pray together: *“We thank you, Lord, that even though we are sinners, you have provided a cure for our rottenness. Thank you for your death on the cross and for providing the way to heaven. And thank you for our time together. In Jesus Name we pray, Amen.”*