

# FIT CARD

## CHILDREN

### *Mealtime Moment*

### *“Dinner By Design”*

#### Best Use

At any family meal where you can sit down at a set table

#### Nutritional Value

Playfully reinforcing the truth that design points to a Designer using everyday examples of order and complexity

#### Advance Preparation

- Set the dinner table at a time when none of the kids will see you.
- Gather a few objects to use as clear examples of design/purpose, such as an analog watch, a cell phone/smartphone, a paperclip, or even a stack of ABC blocks.
- Serve a meal that involves mixing ingredients.

#### Serve it up

**SAY:** During dinner, say you have something amazing to share. . . “I had stacked the plates, napkins and silverware on the table for dinner, but we left the window open and the wind blew through and set the table!”

**ASK:** “Do you believe me? What if I said that our meal cooked itself and all the ingredients were measured, mixed and baked with no one’s help. Would you believe me?”

Depending on your childrens’ age, you can continue to develop this line of reasoning (i.e., “So even if you didn’t see the table being set, how do you know a person did it? Can tables set themselves?” etc.)

**DISCUSS:** “Do things we use in the world (cars, buildings, computers, etc.) ever design themselves without a person(s) involved? What can we learn from this?” (i.e., Design points to a Designer)

**SHARE:** Bring out the examples you selected and talk about their intended purpose. If using the blocks, you can stack them in an orderly fashion and ask, “Suppose you hadn’t seen me stack these, but just walked into the room and saw them on the table. Would you ever think that they stacked themselves?”

**OPTIONAL:** Discuss other examples, such as the complexity of DNA, the way our body can repair itself after we’ve skinned our knee, or the planets and stars (maybe even go outside and look at them).

**READ:** Read Psalm 19:1 together: *“The heavens declare the glory of God; the skies proclaim the work of his hands.”*

**DIG DEEPER:** Romans 1:18-20 also teaches this principle. Read it and discuss with older kids.

**PRAY:** Pray together: *“Thank you, Lord, that we can see you in the beauty of the world you made, from a lovely sunset to an intricate leaf or a tiny cell. Everything points to a wonderful Creator. Thank you for our time together. In Jesus Name we pray, Amen.”*



Family Life

[www.fbc-midland.org](http://www.fbc-midland.org)