

FIT CARD

CHILDREN

Mealtime Moment

“Together We’re Strong”

Best Use

As a family cooking activity

Nutritional Value

Use this activity to make a family spaghetti meal together and discuss how God gives us strength as we stand together.

Advance Preparation:

Gather items to prepare a spaghetti dinner (be sure to get one box of dry spaghetti. You can do a can of spaghetti sauce or make your own.)

Serve it up

SAY: “Tonight we are going to make spaghetti for dinner! I need some help getting the spaghetti ready.”

DO: Give each child one piece of dry spaghetti. Ask them to break the spaghetti in half. It is easy to break one piece of spaghetti when it is all alone.

DO: Now take the whole box of dry spaghetti and ask if someone can break the spaghetti all together. Let each child try. It is very difficult to break. Even if they succeed at breaking the stack, focus on the point that it is much harder than breaking just the one.

READ: Read Ecclesiastes 4:9-12 together: *“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”*

SAY: “When we stand alone, it is easier for us to fall or make bad choices. God has given us our family and other Christian friends to stand strong together with.”

ASK: What are some ways that we can help each other stand strong? Answers might include praying for each other, using our words to encourage each other, memorizing God’s Word together when we are afraid or tempted, etc.

DO: Finish making your spaghetti together.

PRAY: Before you eat, pray together, and thank God for the strength He gives in standing strong together: *“We thank you, Lord, for our family. Thank you that we do not have to stand alone. Help us to stand strong together. In Jesus Name we pray, Amen.”*



Family Life

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