

Family Together Time

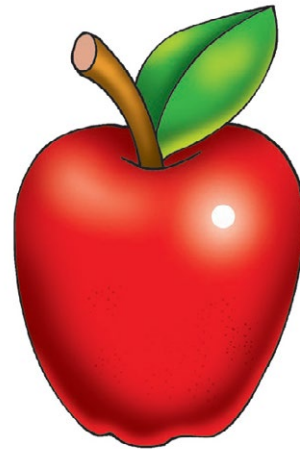


God Gives Me Food

Matthew 5:1, 2; 6:25-34

Read
Together

God gives us red apples to eat. Apples are crunchy and sweet. God gives us good food to eat. Thank You, God!



Art by Mary Bausman

Bible Words

“God gives me good things”

(based on Matthew 7:11).

Pat the Bible as you say the Bible Words. Invite your child to pat the Bible and say the words too.

God gives me food to eat,
(rub belly)
like apples that are sweet,
(hold an apple)
and carrots, orange and long,
(hold a carrot)
so I’ll grow big and strong!
(reach up high)

Rhyme
Together

Preparing a Meal

Have your child help you prepare part of a meal. Your child could help by adding some flour, stirring batter, or pushing vegetables from a cutting board into a bowl. While you are working, talk about all the good food God gives us.

Things
to Do
Together

Grocery Store Fun

Take your child to the produce section of a grocery store. Look at the variety of fruits and vegetables. Remind your child that God gives us shiny red apples and crunchy orange carrots. This might be a good time to buy a new fruit or vegetable for your child to try.