

MONTH FOUR

“I Can Help”

Before:

- Wash my hands
- Help set the table
- Turn screens off
- Ask what I can do to help

After:

- Help clear the table
- Wipe the table
- Help clean dishes
- Thank the cook!

Highs, Lows, and God Sightings

Take time for each member of your family to share their high (best thing) about the day and their low (hardest or worst thing) for the day.

My high today is...

My low today is...

I saw God at work/God's love on display when...

NAME _____



We commit as a family to eat at least three meals together each week and have a great time doing it!

Place a sticker on the days you eat a meal together on the back of this placemat.



Place a sticker on the days you eat a meal together at home.

Talking to God

We are thankful to God for the community and neighborhood God has put us in. We come together before our meal to pray for people that we know and care about.

Choose a Friend, Relative, Acquaintance, Neighbor, Co-worker/Classmate that you can pray for today. Draw their picture or write their name in the space below.

Hiding God's Word In Our Hearts

Take time at the table to talk about the verse of the month and make a game out of memorizing it together. Example: Use your favorite tune or make up your own original song using the words of the memory verse.

Scripture for the Month

"Don't forget to do good. Don't forget to share with others. God is pleased with these kinds of offerings." — Hebrews 13:16 (NIRV)

Use this space to practice writing the verse or to draw a picture of what the verse means to you.

Let's Talk

As a family, think about the people you know, talk about who might fit into each of these categories, and make a plan for next steps you will take with each person.

Who can you.....

BEGIN to pray for

LISTEN to and get to know

EAT a meal or snack with

SERVE — do something for them or with them

SHARE the story of Jesus with

For more conversation ideas, check out your resource packet or visit hbc.com/meals.

Let's Play

Connect the Dots! Two fun options:

1. Take turns connecting 2 dots in a straight line. Each time a family member ends up making a box with their line, they score a point!
2. Connect the dots below to design your own picture.

See if your family can guess what it is!

Let the games remind you to be making connections with people in your neighborhood and community!

