

MONTH ONE

“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 for the ways God loves us. We take time to pray together before our meal. Write out or draw a picture of your prayer to God.

We love you God because...

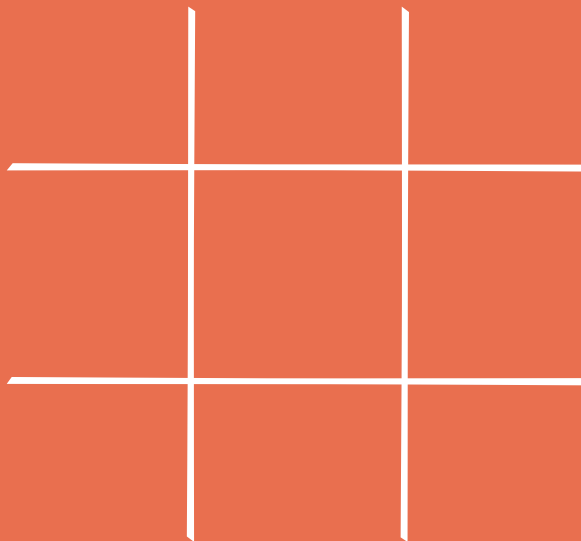
Let's Talk

1. What do you love about our family?
2. Say something you love about someone seated at the table.
3. What makes you feel loved?
4. How do you like to show love to others?

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

Let's Play

Use a dry erase marker or have fun with your food! Ex. Use peas for "O's" and carrots for "X's".



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: Have each family member say one word of the verse as you go around the table until you complete the verse.

Scripture for the Month

"Here is what love is. It is that he loved us and sent his Son to give his life to pay for our sins." 1 John 4:10 NIV

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

