

MONTH THREE

“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 God sent His Son Jesus to die on the cross for our sins.
We take time to pray together before our meal.

Use the space below to write or draw your prayer today.

Today I'm thankful Jesus died on the cross because...

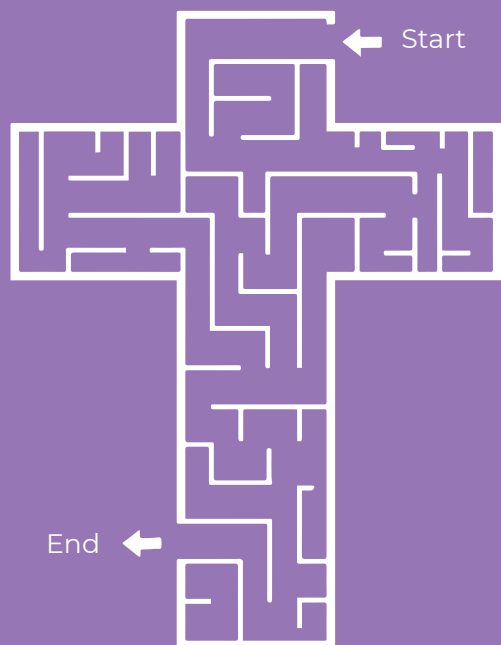
Let's Talk

1. What is the best gift you've ever received?
2. Have you ever gotten something you didn't deserve?
3. What do you think heaven will look like?
4. What is something that is hard to forgive?

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

Let's Play

Challenge — as the month goes on, race a family member to see who can get through the maze faster?



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: Come up with motions to the Bible Verse to help you memorize it.

Scripture for the Month

God so loved the world that He gave His one and only Son. Anyone who believes in Him will not die, but will have eternal life. — John 3:16

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