



MEALS@HOME: *Dessert Date*

BEST USE: To guide as a dessert date with your younger child(ren) in which you will select ways to share faith discussions together.

NUTRITIONAL VALUE: Helps you launch frequent faith discussions in order to fulfill the commandment to “impress them on your children” found in Deuteronomy 6:6-9.

ADVANCE PREPARATION:

- Invite each child out for a special parent/child dessert date. You might want to send them a nice invitation in the mail just for fun!
- Bring this recipe card with you to guide a discussion in which your child will select the times and questions he or she wants to try as you launch parent/child faith discussions.
- Finally, be sure to put a date on the calendar to get started!

SERVE IT UP: Select which of the times and discussion questions on the reverse you and your child(ren) would most enjoy.

MEALTIME: Capture moments while eating together.

- **What To Do:** After giving thanks for your meal, someone shout “High - Low?” That means everyone around the table must share the high point and low point of their day.
- **What To Discuss:** While eating, discuss any of the following...
 - What Bible story did you learn at church this past weekend?
 - Name a favorite Bible character and tell their story.
 - If God wrote a letter directly to you this week, what topic would He address and what would He say?

BEDTIME: Give each other a brief blessing at bed time.

- **What To Do:** While tucking in for bed, parent or child says “What do I love?” The other person must guess what the person is thinking in one of the following categories...
 - A fun moment they shared that day
 - Something nice about the other person
 - Something they appreciate that person did today

- **What To Discuss:** Before falling asleep, ask and answer the following...
 - How did we experience God’s goodness today?
 - Did we need to ask God’s forgiveness today?
 - What do we give thanks for before falling asleep?

DRIVETIME: Explore God’s creativity while in the car.

- **What To Do:** Each time you plan to take a short drive, play a game of “I spy” together - naming several things God created (a flower, a cloud, a blue bird, a cow, etc.) that you must spot before arriving to your destination.
- **What To Discuss:** On a longer drive discuss any of the following...
 - We know that God knows our future. What do you hope He sees in your future at age (insert age)?
 - What do you think God wants you to do this week in order to prepare for such an exciting future?

www.fsbcfathome.com

