Faith@Home
Building Strong Families

Meals@Home

Follow the Instructions

Best Use

As a family cooking activity

Nutritional Value

Use this activity with any recipe to have fun making a special meal and fostering intentional conversation about the instructions God has for our lives.

Advance Preparation

- Select a simple recipe.
- Write out a recipe card with ingredients listed on the front and instructions on the back.
- Purchase/gather ingredients.

Serve it up

SAY: "See what I have here? It is a list of ingredients to make our meal or special treat."

DO: Read the ingredients together aloud.

ASK: "Do you think we could put these ingredients together to make a good meal? Should we just guess how much we need to use of each ingredient and how long we need to cook them? Would that be easy? Would it taste right? What might make cooking easier and the meal taste better?"

DO: Point out the section of the recipe that gives measurements and instructions.

SAY: "With the instructions, we can put all the right amount of ingredients together to make something wonderful. Just like these instructions on how to make a yummy meal, God has given us instructions for our lives called the Bible. Since God made us, He knows us best. When we follow the instructions for this meal, it is much easier and will taste better. In the same way, when we use the Bible and follow God's instructions, it is much easier and it always turns out better. When we have to make tough decisions, the Bible helps make it easier. When we wonder what we should do, God's Word gives us the recipe."

READ: 2 Timothy 3:16 together aloud, which explains that **"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:"**

READ: Psalm 119:105: "Thy word is a lamp unto my feet, and a light unto my path."

EXTRA: You may want to fix a second, smaller portion of the recipe making a point of IGNORING the instructions. Ask which they would rather eat when done. Remind them how much better life "tastes" when we follow God's instructions.

PRAY: "We thank You, Lord, for Your special instructions for our lives. Help us to read the Bible often so we know how to make good choices. In Jesus Name we pray, Amen."