



MEALS @HOME

EGGS—CUSE ME?

Gather your family around the table to discuss a biblical truth while enjoying a meal.

Best Use

As a breakfast meal chat (or “breakfast for dinner”)

Nutritional Value

Illustrating the Gospel and discussing our true status without Christ

Advance Preparation

- Have enough eggs to make omelets for everyone, including whatever ingredients you want to add (cheese, mushrooms, bacon, etc.).
- Set apart one egg that will be your “rotten egg” (you can use a regular egg or discolor one yourself).

Serve It Up

- **SAY:** Share that you have something to confess about the omelets—“I discovered that one of the eggs was rotten but used it anyway to make sure we would have enough food for everyone.”
- **ASK:** “Who wants to taste their omelet first?” Wait for reactions; then reveal that you were just kidding and have everyone begin eating.

- **ASK:** During the meal, hold up your designated “rotten egg” and ask what they would have thought if your attitude had been, “I’ll just mix this rotten egg in with all the good ones and no one will know the difference.”
- **READ:** Read James 2:10 together.
- **SHARE:** Just like one rotten egg can ruin the whole omelet, one sin ruins the whole person.
- **DISCUSS:** Ask if anyone knows the solution to our rottenness (i.e., Jesus’ sacrifice on the cross pays the penalty for our sin).
- **DIG DEEPER:** For further study together on how sin affects our lives, read Romans 3:23–24.
- **PRAY:** “We thank you, Lord, that even though we are sinners, you have provided a cure for our rottenness. Thank you for your death on the cross and for providing the way to Heaven. Thank you for our time together. In Jesus’ name we pray, Amen.”