



MEALS @HOME

HAND IN HAND

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

Best Use

As an activity while making a lunch or snack

Nutritional Value

Appreciating how God uses our differences to complement one another

Advance Preparation

- Supplies for a peanut butter and jelly sandwich (or other two ingredient snack)
- Two sheets of paper and something to write with

Serve It Up

- **DISCUSS:** What do you think of when you hear the phrase “hand in hand?” Some define it as two things that exist together, connected, well matched, in full unity and strength. What things come to mind that go hand-in-hand? (When you hear one you immediately think of the other.)

Finish the following pairs:

Peanut butter and _____	Salt and _____
Macaroni and _____	Spaghetti and _____
Batman and _____	Raggedy Ann and _____

- **DO:** Have fun and make conversation as you make a peanut butter and jelly sandwich or some other pair like strawberries and chocolate. While making the sandwich, compare the two ingredients. (i.e. texture, taste, color, etc.)
- **SHARE:** Describe various characteristics of your family members. Share what you love that makes each person unique. Just as the differences between the peanut butter and jelly make the sandwich taste great, the differences in our family make us great.
- **DISCUSS:** It is often true that “opposites attract.” How do individuals in your family complement each other? Discuss how differences in your family blend together to make you stronger and better together.
- **READ:** 1 Corinthians 12:12-20
- **DISCUSS:** Each of us is valuable because God designed us as one of a kind. Whether in our marriage, our family, or church family, our God-given gifts can be used hand-in-hand to benefit others. Discuss qualities you have that may benefit someone else. How have your strengths been a blessing to others in the past? How might God use you in the future?
- **PRAY:** Thank God for the gifts and talents of each member of your family. “Thank you, Lord, for our family, for the differences we have, and for bringing us together. Help us work together as a team to complement each other better than ever before. Thank you for our time together. In Jesus Name we pray, Amen.”



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