



# MEALS @HOME

## ONE OF A KIND

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

### Best Use

As a family cooking activity

### Nutritional Value

An intentional discussion on how God made each person unique and special for His glory

### Advance Preparation

- One index card per family member
- Purchase/gather ingredients listed below:
  - \* Individual pizza crusts for each person in your family—make your own or purchase prepared crusts
  - \* Tomato or pizza sauce
  - \* Shredded mozzarella cheese
  - \* Toppings: pepperoni, sausage, mushroom, pineapple, etc.

### Serve It Up

- **DO:** Preheat the oven to 400 degrees. Put the pizza crusts on cookie sheets and prepare a variety of ingredients.

- **SAY:** “Pick and choose what you would like on your pizza. Each pizza will be different. You can even make funny faces or use toppings to spell out your initials.”
- **DO:** Once your pizzas have been decorated, place in the oven for about 10 minutes, or follow the recommended cooking instructions if using a purchased crust.
- **DISCUSS:** While your pizzas are baking, talk about how each pizza is different. Likewise, God has created each of us with different strengths, talents, and gifts. We are each one of a kind!
- **DO:** Talk about what makes each of your family members unique and special. Be sure these are all positive and encouraging traits. Write the qualities on the index cards to keep.
- **READ:** Read Psalm 139:12–14 together.
- **DO:** Take the pizzas out of the oven. Enjoy the pizzas and each other.
- **OPTIONAL:** Announce contest categories for the pizzas and award each pizza for a different reason, such as “most colorful,” “funniest,” “most veggies,” etc. Take a picture of each family member with their winning pizza to remember your “one of a kind” evening.
- **PRAY:** Thank God for your meal and for His creativity in each member of your family. “We thank you, Lord, for creating each one of us special and unique. Help us use our gifts and talents for your glory. In Jesus’ name we pray, Amen.”