

## Ingredients Needed

- Several items for playing tricks on each other, such as:
  - Like to put down an adult's shirt back
  - \* A pillow to prop atop a door
  - \* A hand buzzer from the gag store
  - \* A plate of cookies made with salt rather than sugar
  - \* Etc.
- A wrapped gag gift for each child (i.e., old items like a sock or a book the kids read when they were much younger)
- \* A wrapped real gift or prize including this note: "God rules; Satan fools!"
- A Bible

Nutritional Value Teaches that Satan seeks to trick us into doing wrong



- 1. This activity is best done with both parents present or with another adult that the kids would enjoy playing jokes on.
- 2. Mom should show the kids how to pull several of the gags on Dad or some other adult who can take it. For example, have the children go into one of the bedrooms and prop a pillow atop the door so that when they call Dad to come in, it falls on his head.



- After fooling Dad a few rounds, have the children sit down and read John 8:44 together which describes the Devil as "a liar and the father of lies." Discuss some of the ways Satan tricks us into believing his lies so we fall into his traps (i.e., he makes doing wrong look appealing, he doesn't show us the damaged caused by sin, etc.).
- 4. Next, give each child a small "present" to unwrap. Work up the excitement by saying you wanted them to have something special. When they open it up and discover the trick, shout "Got you!" and say we never know when we might be fooled, so we should stay on guard against Satan's lies.
- **5.** Read John 8:31-32 and 44b that God rules in truth—He never lies.
- **6.** Give the children a real present that contains both a nice surprise and a note containing the following jingle to memorize: "God rules; Satan fools!"

Memory Pantry
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Attach a picture and jot down what happened to remember later or to share a taste with others.

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SECRET SAUCE RECIPE 2

Best Use Late evening family night activity

## Ingredients Needed

- \* A flashlight or glow stick for each child
- A list of common household objects located in different parts of the home
- \* A Bible

Nutritional Value Helps children understand the importance of the Bible to our lives

Serve It Up Follow these steps for a great experience:

On a particularly dark evening, turn out every light in the house and enjoy a light-to-my-path scavenger hunt with the kids.

- 1. Create a list of things in the house to find. Try to select items from different rooms, such as a broom in the closet, a picture from the bedroom nightstand, and a can of soup from the kitchen cabinet. The more rooms the better to increase dependence upon the flashlight or glow stick. Also, throw in a few silly items just for the fun of it, such as a pair of Daddy's smelly socks from his hamper or a piece of dog food from Fido's bowl.
- 2. Give each child a flashlight or glow stick to light their path as they search for the various objects on your list.
- 3. Once they have successfully gathered all of the required items, turn on the lights and reward them with a bowl of ice cream.

	While they are eating, read Psalm 119:105. Then ask the children to
6	compare their adventures with the scavenger hunt to how the Bible serves
	as a light as we navigate our way through life. Share how the Word of God
	helps us see what obstacles to avoid, directs us to the right place, and gives
	us confidence as we search for God's will.

**5.** Pray: Join hands as a family and thank God for giving us the Scriptures.

Memory Pantry Attach a picture and jot down what happened to remember later or to share a taste with others.

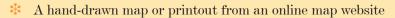




Best Use

When you plan to go out for dinner or dessert as a family

### Ingredients Needed



- Money to pay for dinner and/or dessert
- \* A Bible

Nutritional Value Understanding the wisdom of heeding the Bible

- 1. Tell your kids that you have planned an exciting outing to someplace special. You may or may not choose to reveal the destination, but make it a place you know they enjoy—a favorite restaurant, ice cream shop, mini-golf, bowling, a movie theater, etc.
- 2. Create or google a special map that has step-by-step directions to the location. Assign a child to help you navigate. (If they can't read, let them simply point which way to go after the instruction has been read.)
- **3.** As the child tells you which direction to turn, ignore his or her instructions. Tell them that you know what you are doing and you don't need to heed the map. Your child will likely become very frustrated with you, insisting that you follow the directions so that you don't get lost.

- After several turns, stop the car and admit that you are lost. Give the kids a chance to scold you for failing to follow the map.
- **5.** Ask the kids what you should do next. If they don't say "Go back to the start and follow the directions," ask questions that lead them to this answer. This time, follow their directions.
- **6.** Upon arriving at the special location, read 2 Timothy 3:16-17 or Psalm 119:105. Share that God gave us the Bible as a life map and that those who are wise obey its directions.

	Memory Pantry			
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## Ingredients Needed

- \* Marbles
- \* An empty sport drink bottle or jar with a one-inch mouth—one for each child
- \* A poster board for each child (draw a straight line down the entire length of the center of one side of the board)
- \* A Bible

Nutritional Value Helps show children why Jesus said He is the only way to God

Serve It Up Follow these steps for a great experience:

1. Using the side of the poster board without a line, have your child attempt to roll a marble into a small jar or drinking glass from the top of a large piece of poster board. The board must remain flat—it cannot be bent at all during these first attempts. Also, the child must keep his or her back straight while standing above the jar.



2. Since it is almost impossible to get the marble into the narrow head of the jar or bottle, the child might become frustrated. Allow as many attempts as they like, keeping track of the number of successful attempts as a percentage of the total.



- Next, turn the poster board over to discover a line drawn down the middle of the poster board.
- **4.** Have the child write the name "Jesus Christ" over the line. Then help the child fold the poster board along the line.
- **5.** Now invite them to try rolling the marble into the jar or glass using the ravine created by the fold. It will be much easier to succeed—giving you an opportunity to applaud their many successful attempts.
- **6.** Read Matthew 7:13-14 and John 14:6 and discuss Jesus' claim to be the only way to God. You may wish to recite a short jingle to help your kids remember the principle "Try as we may, there's only one way!"

# Memory Pantry Attach a picture and jot down what happened to remember later or to share a taste with others.





## Ingredients Needed

- Several common mousetraps—the kind that snap Only for adult use. Use with caution; traps can cause injury.
- A pencil, ruler, or other narrow stick
- \* A Bible

Nutritional Value Helps show children why we must avoid Satan's snares

- 1. Show your children the design of a common mousetrap and ask them to describe how it works.
- 2. Ask your children whether they think someone made the mousetrap to make life better or worse for a mouse
- 3. Place some bait on the trap such as cheese, peanut butter, or whatever your child thinks the mouse would enjoy eating.
- 4. Carefully set each trap; allow your children to watch.
- 5. Now spring the trap by pretending a stick or ruler is a mouse approaching the trap.
- **6.** Pause and read Ephesians 6:11 and discuss what kinds of things you consider schemes or snares of Satan. Ask the children whether these traps are intended to make our lives better or worse.

	You may wish to go further by planning an activity in which your children look online at various animal traps to learn how they catch their prey.
•	<b>8.</b> Read 1 Peter 5:8 and discuss how Satan offers enticements (like you used the cheese, peanut butter, etc.) to lure us into following him instead of obeying God. Satan's true goal is to destroy our lives.
	Memory Pantry
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## Ingredients Needed

- \* A toy bowling set
- \* Additional balls of various larger (e.g., beach ball) and smaller (e.g., golf ball) sizes
- \* Paper and pencil
- \* A Bible

# Nutritional Value Teaches the value of gaining godly wisdom

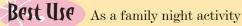
- 1. Set up the bowling pins on one end of the room and the collection of various sized balls about 15 feet away.
- 2. Appoint a scorekeeper and invite each person in the family (including Mom and/or Dad) to attempt to bowl down as many pins as they can using the smallest ball.
- **3.** Compare and celebrate everyone's score for the smallest ball. Then read Proverbs 4:7-9, which encourages us to get wisdom because it will bring great rewards.
- 4. Tell the kids that the small balls represent a little bit of wisdom, but the larger balls represent getting more and more wisdom.

  The pins that fall represent life's challenges and questions that only God can answer.

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Now allow everyone a chance to try each of the larger balls in order to increase their bowling score.				
6. Memorize the jingle "With the wisdom ball, life's questions fall."				
7. Pray together, asking God to give each child more of His wisdom so that they can answer life's questions as they grow older.				
Memory Pantry Attach a picture and jot down what happened to remember later or to share a taste with others.				







# Ingredients Needed

- \* A supply of pillows, stuffed animals, and stackable objects (such as dominos, plastic cups, etc.)
- A bell or whistle
- \* A Bible

Nutritional Value Helps children understand the affects of sin in our lives

- 1. Create a walking-path obstacle course somewhere in the house using toys, shoes, pillows, balloons, or anything you wish for the kids to maneuver around.
- 2. Add several obstacles that will break apart and make noise when hit—such as a tower of plastic cups, dominos, etc.
- 3. Have a contest to see who can walk through the obstacle course the fastest without touching any of the items on the path.
- 4. Ring the bell or blow the whistle before shouting the word "Sin!" if someone touches one of the objects.
- 5. Next, take turns trying to do the same course while blindfolded. Ring a bell or blow a whistle whenever the child touches an obstacle course object.

- 6. If the child knocks over the stacked obstacles, ring or blow and then shout out "Really bad sin!" to emphasize that some of our sins cause more of a mess than others.
- 7. Read Romans 3:23, 5:12, and 5:19 that describe the "disease" of sin that causes everyone to behave in sinful ways. Explain that the disease of sin (represented by the blindfold) makes it impossible for us to avoid sinful acts (represented by touching the items).
- **8.** Pray together, thanking God that Jesus died on the cross to pay the penalty for our sins.

Memory Pantry					
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# Ingredients Needed

- \* An umbrella
- \* A supply of soft throwing objects like rolled up socks, Nerf balls, etc.)
- \* A supply of drawing paper and crayons
- \* A Bible

# Nutritional Value Reinforces the protective nature of obedience

- 1. Have the kids draw a picture of people under an umbrella.
- 2. Write the word "obey" on the umbrella to represent obeying authority, including parents, God, teachers, and others.
- 3. Draw strong rain coming down around the umbrella, representing the hard knocks of life when we take ourselves out from under God's protective instructions.
- 4. Pull out a real umbrella and have the kids get under it with Mom while Dad stands above them on a ladder or chair. Have several soft objects (rolled up socks, Nerf balls, etc.) to drop on anyone who steps out from under the umbrella. (If you conduct this activity outside, you may want to use a water gun!)
- 5. Use a stick or a string to create a line on the floor. Place a bowl of goodies several large steps beyond the line. Tell the kids they are

welcome to help themselves to the items, so long as they do not cross that line. When they do, nail them with the soft objects!

- **6.** Once you've had some fun, read 1 Samuel 15:23,\* Exodus 20:12, John 14:15, and Ephesians 6:16 together and discuss the ways our life is better when we learn to be obedient to the authority God places over us.
  - \*Explain that those who participated in witchcraft, described in 1 Samuel 15:23, are people who took themselves out from under the protective authority of God in order to gain the power and benefits of serving evil. In so doing, they made themselves open targets for the Devil. We do the same thing when we step out from under the authority God has placed over us (represented by the umbrella) making ourselves vulnerable to Satan's "arrows" as described in Ephesians 6:16.

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# Ingredients Needed

- \* Hit-the-mark activities
- A blindfold
- \* A Bible



# Nutritional Value Teaches the biblical concept of repentance

- 1. In order to understand the word *repent*, our kids must first understand sin. So set up several hit-the-mark activities, such as shots at a toy basketball hoop, hitting Dad with paper wads, a plastic bowling set, Nerf baseball, etc.
- 2. One at a time, let the kids attempt to score as many points as possible. Each time they miss, however, yell the word "Sin!" without explaining.
- 3. After several outbursts, they will likely ask you to explain why you are yelling "Sin!" each time they miss. Answer by reading Romans 3:23 as well as 6:23, and explain that sin is missing the mark.
- 4. In order to explain *repent*, blindfold the children one at a time and tell them to walk in a strait line until they hear you yell "Repent!" When they hear you yell "Repent!" they need to immediately turn around and start walking the other direction to avoid running into the wall or something else.

- For added fun, when Dad takes his turn, he can ignore the shouts and run into the wall—demonstrating the consequences of refusing to repent.
- **6.** Read Mark 1, verses 4 and 14, and explain that repenting is turning away from sin and going the other way.
- 7. In summary, when we do something wrong (miss the mark) we need to repent (turn around and go the other way).
- **8.** Memorize the following jingle together: "When we sin, we disobey; so repent the other way!"

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