



Isn't food a really amazing gift from God?

Food makes our bodies work, it connects us to our community and it is also really fun! In this kids and family dinner-table bible reading plan, we'll have some fun and learn together! Includes downloadable activity pages, memorable meal challenges and fun food facts.

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DAY 1: FOOD HELPS OUR BODIES!

BIBLE VERSES:

- Genesis 1:29
- Isaiah 40:28-31

MEAL CHALLENGE: Food helps our bodies by providing us with energy! Serve a meal tonight that uses one of the greatest sources of energy for people around the world. The most common sources are rice, corn and wheat.



FUN FOOD FACTS:

- There are 50,000 edible plants in the world.
- Broccoli has more protein than steak!

OPENING ACTIVITY: Look at the food that's on your plate. Without being wasteful, can you rearrange it so it looks like a face or a person?

DEVOTIONAL:

God has given us so many amazing gifts!

ASK: What is one thing you are happy God has given us?

Of all the gifts God gives us, food is one of the most amazing! We all have favourite foods that God knew we would just love. God even gives the birds and forest animals food to eat! He cares for all His creation.

This week we'll be talking all about the reasons why food is such a great gift from God. Today, we'll explore the fact that food helps our bodies have energy and grow healthy and strong!

ASK: What do you love to do when you have lots and lots of energy?

That's right — we can all do many things! Some of us can run fast, jump high, dance or kick a soccer ball. Others can sing, play video games, draw or make crafts! And all of us can use our bodies in ways that help others.

If we were sunflowers or apple trees, we could grow and do what we were made to do without food. But God created us to get our energy from the food we eat! We need food, and many foods need people so that they can grow!

Every food has different things that help our body — like protein, vitamins, fats and sugars for energy. Sometimes people say, “you are what you eat!” and it's true — when we eat a variety of healthy foods, our bodies stay healthy and can do the wonderful things God made them to do!

BIBLE READING:

Read Genesis 1:29 and Isaiah 40:28–31.

DISCUSSION QUESTIONS:

1. Thumbs up or thumbs down: What if God made people to only need to eat once a month? Would you like that?
2. Why do you think God made us to need food?
3. What do our Bible verses today tell us about where our ability to do amazing things comes from?
4. What are some of your favourite foods? How do you think this food helps your body?

PRAYER:

Dear God, thank You that we have brothers and sisters all around the world. Thank You that we can learn from them how to follow You! Thank You that kids around the world are learning about Your love for them and that we are all part of Your big family.

Amen.

DAY 2: FOOD CONNECTS US TO OTHERS!

BIBLE VERSES:

- Acts 2:42-47
- 1 Corinthians 10:31

MEAL CHALLENGE: People around the world eat their meals in different ways. Tonight, choose a new way to eat a favourite meal, like eating picnic style on the floor or serving food ‘communal style’ right on the table! (Look up “spaghetti table” for inspiration!)

FUN FOOD FACTS:

- Some of our foods come from surprising places! Apples first grew in Kazakhstan, pasta first came from China and donuts were invented in Greece.
- Babies have about 30,000 tastebuds when they are born. By the time we’re adults, we only have 10,000 left—which means kids are super-tasters compared to grown-ups!

OPENING ACTIVITY: Look at the food on your plate or find a few different foods in your kitchen. Do you know where they came from? When you find out, look up the countries where your food came from on a map to see how far away it came to get to you!



DEVOTIONAL:

Food isn't just good for our bodies; it helps build strong families and friendships!

ASK: If you were going to have a birthday party, what foods would be super important to have? Why? What is your favourite holiday food?

Long ago, when Jesus and His friends lived, people ate food together on holidays to remember what God had done for them. Even before that, God gave His people special feasts to help them come together as families. Each feast helped them remember something great about God. Because they were feasts, they included special foods or ways of eating because God knows that food reminds us of special people and places. It's so much more than just energy for our bodies!

Jesus taught His friends about God while they ate dinner together. Even the very first church gatherings were dinner parties where people ate, laughed, talked and sang songs! Sounds fun, doesn't it? These fun meals were a way to say, "We're all one family, even though we came from different places — we all follow Jesus, and that makes this a family meal!"

Maybe your family has meals or foods that remind you of places you have come from, your culture or people you love. Or maybe you and your friends have some of the same favourite foods in common.

Today, thank God that food connects us with others!

BIBLE READING:

Read Genesis Acts 2:42-57 and 1 Corinthians 10:31.

DISCUSSION QUESTIONS:

1. What comes to mind when you think about a feast? What would your perfect feast include and who would you want to come?
2. What is something that God has done that you think is worthy of a feast?
3. What are some foods that remind you of your family? What memories do you have of making or eating it?
4. Today, we eat foods from all around the world, so we are connected to the people who plant, tend, harvest and prepare those foods. What place around the world would you love to visit because of its food?

PRAYER:

Dear God, thank You that food is good! Thank You that food connects us with family and friends and can help us make memories and new friends, too. Please help us to be grateful for our food and our families. Please bless the people who grew our food and helped our food get all the way to us from around the world.

Amen.

DAY 3: FOOD CONNECTS US TO GOD!

BIBLE VERSES:

- Matthew 6:9-13
- Matthew 6:26

MEAL CHALLENGE: Food connects us to God and reminds us how much we depend on Him. When you sit down to eat your meal tonight, don't use any utensils—no forks, spoons or knives! Be sure to get creative.

FUN FOOD FACTS:

- Did you know that potatoes were the first food grown in outer space?
- About one-third of the world uses a fork and knife to eat. One-third of the world uses chopsticks every day and the rest use their hands to eat! Which would you prefer?

OPENING ACTIVITY: It's experiment time! Walk to your refrigerator and look at the food inside. Choose two fruits and two vegetables. Which foods do you think will sink when put in water? Which do you think will float? Fill up your kitchen sink with water and see! Choose foods that will withstand a 'bath' so no food is wasted

DEVOTIONAL:

God gives us exactly what we need each day of our lives to stay healthy and afloat. This includes food!

ASK: Where does the food in our refrigerator come from?

Bread, apples, peanut butter, carrots, chicken and milk. These are just some of the yummy foods that fill us up and keep us healthy and strong each day. When we go to the grocery store together, we search for foods that keep our bodies strong and taste delicious! The food we eat can be found on the shelves at the store and is grown in different places all over the world.

ASK: How do we get the food into our refrigerator from the grocery store?

God provides us with food in many ways and looks after the things we need. We can trust Him. Jobs earn money that can pay for food, and food can come from our community when people share with others. Sometimes we can even grow our food with the sunlight and rain God can bring! When we eat our food, we know that it is always God's gift to us.

On a rainy day, we can see birds outside our windows pulling worms from the ground! And when spring comes, we can see green sprouts shoot from the ground and turn into beautiful flowers. God looks after even the littlest of His creation, giving birds and flowers what they need to grow. And you are His child—His masterpiece! If even the birds and flowers get their food each day, how much more does God care about giving you what you need each day?

Sometimes it's hard for families to have enough to eat, and we may not have everything we want, but God still loves us and asks us to trust Him. Our loving Father knows just what we need to live!



BIBLE READING:

Read Matthew 6:9-13 and Matthew 6:26.

DISCUSSION QUESTIONS:

1. What do you think Jesus means when He tells us to pray for our “daily bread”?
2. What foods do you think you need every day to stay healthy?
3. What do our Bible verses today tell us about God’s care for us?
4. If you could cook a meal with Jesus as your guest, what would you cook?

PRAYER:

Jesus, thank You for creating our bodies to need food so that we might rely on You each day. It’s through Your goodness alone that we are given enough for each day. You are our provider, and You care for every detail of our lives. Help us to remember to have a heart of gratefulness for what You’ve given us and to give to others who may not have enough.

Amen.

DAY 4: FOOD IS FUN AND BEAUTIFUL!

BIBLE VERSES:

- Psalm 19:1
- Genesis 1:11-12

MEAL CHALLENGE: Food is fun to discover and beautiful to look at! See if you can put together a meal with at least five different colours.



FUN FOOD FACTS:

- Did you know that rhubarb grows so fast you can hear it?
- Did you know that cotton candy was invented by a dentist?

OPENING ACTIVITY: Rediscover the fun of flavours by doing a blindfold taste test. Choose five foods from around your house—things like applesauce, jam or diced vegetables. Let every person try each food and guess what it is. Each correct guess gets a point!

DEVOTIONAL:

Our God is a creative God who not only makes food nourishing but fun and beautiful, too!

ASK: What is the coolest-looking food you've ever seen?

There are so many weird and wonderful foods in the world. Have you ever seen a dragon fruit? It looks as cool as it sounds! Its outside skin is bright pink with what looks like yellow scales. And if you cut it down the middle, do you know what you'll see? Snow white fruit with lots of black specks—almost like cookies and cream ice cream! Pretty amazing, right?

ASK: If you could invent your very own food, what would it look like?

God is the greatest inventor! When He created the world, He decided to make a big, beautiful garden full of colourful things: bright birds, fuzzy animals, tall trees with delicious fruits and, best of all, people!

One of the best things about our God is that along with being mighty, strong, all-powerful and holy, He is creative. When He made the world, He chose to fill it with all kinds of colours, textures, smells and sounds. The songs we sing, the flavours we enjoy in the food we eat—all carefully created by a God who wants us to see beauty and enjoy it!

Next time you eat, take time to look at all the colours, shapes and textures on your plate. Let it remind you that you have a Father who loves you so much that He wants you to find joy in the food He provides for you. Our God truly is an awesome God!

BIBLE READING:

Read Psalm 19:1 and Genesis 1:11-12.

DISCUSSION QUESTIONS:

1. If you could eat only one food forever, what would it be?
2. God could have made one or two foods that gave us everything we needed to stay strong and healthy, but He didn't. Why do you think God made so many different foods with different colours, textures and tastes?
3. What can we learn about what God is like through our Bible verses today?
4. Pick a food that you eat at home a lot that makes you smile. Share your answer with each other and use it to remember the creativity of God whenever you eat it.
5. Encourage kids to draw their made-up food and tell you all about it!

PRAYER:

Father, we are thankful that we serve a God who is creative. We're thankful to be loved by a God who fills the earth with so much colour and beauty! Thank You that You chose to make food fun, delicious and beautiful as well as nourishing. When we see the beauty of Your creation all around us, let us sing a song of praise to You!

Amen.

DAY 5: FOOD LETS US LOVE EACH OTHER!

BIBLE VERSES:

- Hebrews 13:16
- John 13:34
- Luke 3:11

MEAL CHALLENGE: Make something together as a family that you can share with someone else. You could make a batch of cookies that you can share with friends, a casserole dish or pots of soup and deliver one to someone who may appreciate a night off of cooking!

FUN FOOD FACTS:

- The tallest ever tower of cookies measured 1.83 metres (over 6ft) tall!
- Strawberries are the only fruit that has seeds growing on the outside.

OPENING ACTIVITY: Make a fun afternoon snack of popcorn but try something a little new! Around the world, people top their popcorn with all sorts of fun flavours. Lightly butter your popcorn and divide it into small bowls, and choose a few of the following toppings to try from what is in your cupboard: chicken bouillon powder, soy sauce and garlic powder, mild hot sauce and lime juice, honey with butter, cinnamon and sugar, parmesan cheese, cajun seasoning or curry powder. What other fun combinations can you think of? What is your favourite popcorn topping?

DEVOTIONAL:

We've talked this week about how food does so many amazing things. It's an amazing gift to God!

ASK: Why do you think God gives us so many amazing gifts?

A clue can be found in the Bible. God is a big, loving, creative God, and He made a world for us that tells us all about Him. In that world, there is delicious, amazing food. He did all this because of His love for us! But God never meant for us to keep good gifts to ourselves.

When God gave His people special food that appeared every morning, He warned them not to take more than they needed and to be sure that everyone had enough (Remember when God gave his people manna to eat? See Numbers 11). If everyone chose only to take what they needed, there would be enough food in the world today for everyone. Jesus taught His friends that when we have extra of something, God has given us that extra so that we can share it with others.

Sharing is one way that we can show God's love to other people, and it's also fun to do! Receiving a gift makes someone else happy, and it's fun to be able to make people happy.

When it comes to food, there are people who don't have enough to eat each day—people in your own community and around the world. But there are people who are working hard to help!

ASK: What do you think Jesus would want you to do when we come across people who do not have enough food?

Jesus gave us the gift of Himself. He gave up living His life on earth because He loved you and me so

much. He didn't give us a rotten or left-over gift, but the very best He had. And God gave us food as one amazing gift out of many, many gifts!

Thank God that food is a gift we can share with others today, and ask Him how you can give your very best gift to those in need.



BIBLE READING:

Read Hebrews 13:16, John 13:34 and Luke 3:11.

DISCUSSION QUESTIONS:

1. What was the most fun food fact or food activity we did as a family this week?
2. Who would you like to invite over to share a meal with? What would you want to serve them?
3. Has anyone shared a snack or meal with you lately? How did it make you feel?
4. What are some ways we can share some of what we have so that other people will have enough food to eat? Consider making a plan as a family to give a gift that can help people in your community and somewhere far away have enough to eat.

PRAYER:

Dear God, thank You that You have given us enough food for today— food that is beautiful, strengthens our bodies and makes us smile. Please show us ways we can share some of what we have with others and love others as you have loved us. Amen. (Invite children to pray their own prayer of thanks to God for their food!)



WHAT IS COMPASSION?

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