



# Gospel Light®

HOME DISCUSSION GUIDE  
for ages infant-36 months

FALL B  
Lesson 13

## Getting to Know God

***“God saw all that he had made,  
and it was very good.”***

Genesis 1:31

At snack or mealtime, when our kids were young we got into the habit of asking, **Who made the (crackers)?** and then we all joined in **God did!** We repeated it for all the foods we were eating. At first, I did the asking and answering. But as our kids started talking, they said the answer. I wanted them to learn from early on that God is the maker of all good things.

### Try This:

Explore the food you're eating with all of your senses. Get several kinds of fruit or crackers. Touch them, smell them and use different words to describe them. Taste each one and talk about what it feels like in your mouth. Help your child recognize God's goodness by saying, **God gives us all the food we eat.**