



Gospel Light®

HOME DISCUSSION GUIDE
for ages infant-36 months

WINTER B
Lesson 6

Growing Big and Strong

*“Jesus grew in wisdom and stature,
and in favor with God and men.”*

Luke 2:52

At lunch or snack time, I ask my child what healthy foods he is eating that help him grow bigger and stronger. Then when he is finished eating them, I ask him to lift a box or some books and tell him how strong he is getting. I say, **God helps you to grow. He gives you good food to eat.**

Try This:

Ask your child to do everyday tasks, like bring you a diaper for the baby or get forks and spoons to set the table, or carry towels to the laundry area. Say, **When you were little, you couldn't do such big kid things. You are growing big and strong.**