

Family Together Time

for families of Toddlers & 2s

God Cares for Me When I'm Eating

Psalm 121:5-8; 1 Peter 5:7



Lesson 11

Read
Together

Can you point to what the girl is eating? She is eating cereal and a banana. She knows that God cares for her when she's eating.



Art by Kathryn Marlin

Bible Words

"God cares for me"
(based on 1 Peter 5:7).

Hold a mirror while your child looks into it. Say the Bible Words and point to yourself. Invite your child to say the words and point to himself.

I like to eat bananas.

(hold a banana)

You like to eat them too.

(point to your child)

God cares for me when I'm eating.

(pretend to eat the banana)

And God always cares for you!

(point to your child)

Rhyme
Together

Things
to Do
Together

Small Chefs

Let your child help make a simple snack. Your child could help make cheese and cracker sandwiches or a trail mix of cereal, miniature marshmallows, and pretzels. As you and your child eat the snack, say, "God cares for us when we're eating."

Pudding Painting

Place a small amount of pudding on a large dish or tray. Encourage your child to use his hands to explore the pudding. As he touches and tastes the pudding, talk about all the foods he likes to eat. Remind him that God cares for him when he is eating.