

FIT CARD

CHILDREN

Mealtime Moment

“God’s Timing”

Best Use

As a morning activity and dinner-time faith chat.

Nutritional Value

Learning about God’s perfect timing.

Advance Preparation

- You’ll need a slow cook crockpot
- Gather recipe ingredients for taco soup
 - 1 pound ground beef
 - 1 onion, chopped
 - 1 (16 ounce) can chili beans, with liquid
 - 1 (15 ounce) can kidney beans with liquid
 - 1 (15 ounce) can whole kernel corn, with liquid
 - 1 (8 ounce) can tomato sauce
 - 2 cups water
 - 2 (14.5 ounce) cans peeled and diced tomatoes
 - 1 (1.25 ounce) package taco seasoning mix
 - 1 (4 ounce) can diced green chili peppers (optional)
 - 1 package ranch-dip mix (optional)

Serve it up

Start this activity in the morning, at least 8 hours before dinner.

SAY: “Tonight we are going to have a warm, yummy soup for dinner! But, I need help because it takes a long time for this soup to be just right.”

DO: In a medium skillet, cook the ground beef until browned over medium heat. Drain, and set aside. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, and taco seasoning mix in a slow cooker. Mix to blend, and cook on the LOW setting for 8 hours.

READ: Psalm 5:3 together: *“In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.”*

SAY: “We have put all the ingredients together and now we must wait expectantly for our yummy meal. God’s Word says to bring our requests to Him and wait expectantly for Him to answer.”

ASK: “Does God always answer our prayers immediately?”

ANSWER: “Sometimes God’s answer is for us to wait. He knows best and has the best plans for us.”

READ: Psalm 40:1 together: *“I waited patiently for the LORD; He turned to me and heard my cry.”*

DINNER PRAYER: Before you eat, pray together and thank God that He is in control and knows perfect timing: “We thank you, Lord, that you are in control. Help us to be patient as we wait for your perfect timing. In Jesus Name we pray, Amen.”

DISCUSS: During the meal, talk about how long it took to cook the dinner. What if you had rushed the meal and eaten it before it was ready? In the same way, we have to wait patiently for God’s timing. We don’t always get everything we want when we want it. We can trust that God knows best.



Family Life

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