



# MEALS @HOME

## Hand in Hand

### **Best Use**

As a date night or evening snack activity once the kids are in bed (could also use as activity for kids with adjustments).

### **Nutritional Value**

Appreciating how God uses the differences between each other to create something wonderful.

### **Advance Preparation**

- Supplies for a peanut butter and jelly sandwich.
- Two sheets of paper and something with which to write.
- Optional: heart-shaped cookie cutter.

## Serve It Up

**DISCUSS:** What do you think of when you hear the phrase “hand in hand”? Some define it as two things that exist together, connected, well matched, in full unity and strength. What things come to mind that go hand-in-hand?

Finish the following pairs: Peanut butter and \_\_\_\_\_;  
Salt and \_\_\_\_\_; Macaroni and \_\_\_\_\_;  
Spaghetti and \_\_\_\_\_; Batman and \_\_\_\_\_;  
Sonny and \_\_\_\_\_.

**DO:** Have fun conversation as you make a peanut butter and jelly sandwich or some other pair like strawberries and chocolate. As you make the sandwich, talk about the differences between peanut butter and jelly (i.e., one is sticky, one is sweet).

**SHARE:** Take turns describing what you love about your spouse that makes them different from you. Then put the sandwich together and enjoy. The differences between the peanut butter and jelly make the sandwich taste great as they compliment one another.

**OPTIONAL:** Use a cookie cutter to cut your sandwich and sit by the fire or with a cup of milk to enjoy your snack and finish your time together.

**DISCUSS:** How do you compliment each other? Try to come up with at least two ways you are stronger and better together than apart.

**READ:** Ephesians 5:31 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”

**DISCUSS:** The design for marriage is that you move toward becoming one. Is there anything hindering oneness in your marriage? Choose one item that each of you will work on to move toward becoming one. Remember to stay positive and focus on what you can do to draw toward one another.

**PRAY:** Thank God for the gift of your marriage and how He created you to compliment each other. “Thank you, Lord, for each other, for the differences we have and for bringing us together. Help us work together as a team to complement each other better than ever before. Thank you for our time together. In Jesus Name we pray, Amen.”

**BONUS:** Husbands, schedule the next late night time of connecting and keep on being intentional!