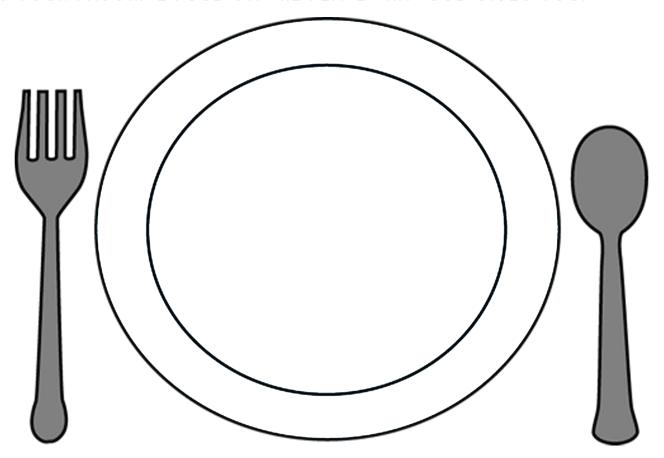


SCAN THE QR CODE OR WATCH THE BIBLE STORY ON THE ONE MISSOULA CHURCH APP! GOD'S PEOPLE WERE HUNGRY IN THE DESERT. GOD LOVED THEM AND KNEW WHAT THEY NEEDED. SO EVERY DAY, GOD SENT BREAD IN THE MORNING AND MEAT AT NIGHT. GOD TELLS US THAT WE DON'T HAVE TO WORRY ABOUT FOOD, EITHER!

DRAW YOUR FAVORITE FOOD ON THE PLATE THAT GOD GIVES YOU!



"THANK YOU, GOD, FOR YUMMY FOOD TO EAT. AMEN."







QOD GIVES US FOOD TO HELP US GROW STRONG AND HEALTHY. WHEN WE EAT, WE CAN THANK GOD FOR WHAT HE GIVES US!

TRACE WHAT GOD'S WORD TELLS US IN JAMES 1:17:

Treny good gift is from God."

COLOR THE TRUTH:

1 CAN THANK COD FOR FOOD!

"THANK YOU, GOD, FOR GIVING ME FOOD. AMEN."

JESUS TEACHES US TO PRAY IN MATTHEW 6:11. "GIVE US TODAY OUR DAILY BREAD." FOOD IS ONE WAY GOD SHOWS HIS LOVE EVERY DAY! WE CAN THANK GOD WITH OUR WHOLE HEART — WITH SINGING AND DANCING TOO! SCAN THE QR CODE TO WORSHIP TO "THE LORD'S PRAYER" SONG!



"GOD, YOU ARE GOOD! THANK YOU FOR TAKING CARE OF ME. AMEN!"

WE CAN SHOW THANKFULNESS BY HELPING BEFORE WE EAT. HELPING SHOWS LOVE TO OUR FAMILY AND THANKS TO GOD! USE THE CHECKLIST BELOW TO THINK OF ONE THING YOU CAN DO TODAY TO BE HELPFUL AND SHOW GOD YOUR GRATITUDE. THEN, TRACE THE VERSE BELOW AND PRAY A PRAYER OF THANKSGIVING.

MEAL HELPER CHECKLIST
ONE THING I CAN DO TODAY:

PRAY BEFORE EATING

HELP SET THE TABLE

SHARE FOOD WITH SOMEONE

HELP CLEAN UP

SAY "THANK YOU" TO

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"THANK YOU, GOD, FOR OUR MEALS. HELP ME SHOW LOVE BY HELPING. AMEN."