

LIVE IT!

Things To Do At Home

Activity 1: Help your mom or dad with an activity such as washing the car or folding laundry. Talk about how much more fun it is to do things when you have help instead of by yourself. What did you do?

Activity 2: Invite a friend to come to church this week with you. Who did you invite?

A large white circle containing the words "soul food" in a stylized font. "soul" is in red and "food" is in black. The circle is surrounded by decorative white swirls and a sunburst effect.

*soul
food*

Listen, and I will tell you where to get
food that is good for your soul.
Isalah 55:2b



Soul Food: Week Eight

Preschool: Age 4 – Kindergarten

LEARN IT!

Picture This!

Salt of the Earth

One day, Jesus and His friends went up on a mountain. He sat down with them and talked about how He wanted them to live in the world. "You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it useful again? It will be thrown out and trampled underfoot as worthless." (Source: Matthew 5:13 NLT)

Salt was very important in Bible times. It was very common, but it was also very valuable. Just like today, salt was used to flavor food. It was also used to preserve foods. You see, there were no refrigerators in Jesus' day so if they caught some fish, they couldn't just store it and eat it next week. Instead, the fish were packed in salt to be sent to the market. That is the picture Jesus is using to describe His followers. As the salt of the earth, you add flavor to life on this earth and you help to preserve the good things around you. You keep life from spoiling by being a good example.

Hear This!

Feed the hungry and help others
Isaiah 58:10

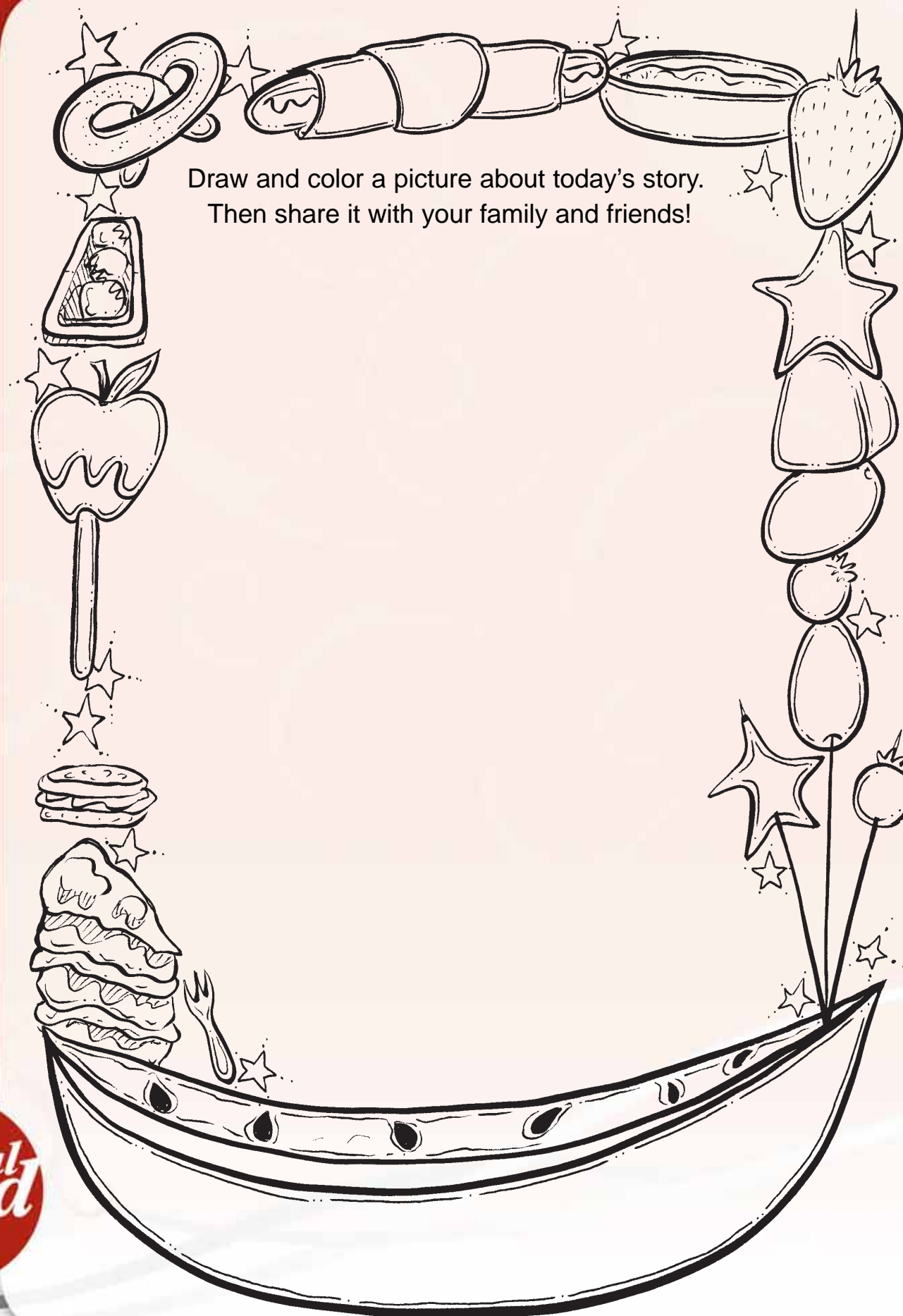
Do This!

There are two things I need to do this week. First, I need to watch my attitude. Sometimes my attitude spoils those around me. My attitude can really stink, just like spoiled food. The second thing I need to do this week is watch what I say and how I say it. Sometimes my words can really hurt others and not season them with joy. I need to use my attitude and words as "joy seasoning" so that every time someone sees me or talks with me I bring out the best attitude "flavor" in them.

Practice Point:

To others around me, I'm like a spice,
So I will remember to always be nice

Listen, and I will tell you where to get
food that is good for your soul.
Isaiah 55:2b



Draw and color a picture about today's story.
Then share it with your family and friends!