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INSPIRING AND ENGAGING YOUR FAMILY IN FAITH



CREATIVE LIFE IN FAITH IDEAS FOR THE SPRING HOLIDAYS

Cooking Creations Made with Love

Baking, cooking or preparing food is often an act of love and a way of expressing care for others. Sharing a meal connects us and it can be a beautiful way to connect with God. Make food fun and enjoy the chance to spend time together these school holidays. May some simple baking allow us to show a tiny sliver of the same love and compassion for others as Christ shows for us.

1

Encourage children to get involved in choosing simple and easy to make recipes your family will enjoy. Small finger foods, mini pizzas, fruit skewers, cookies and slices are a few favourites. Cupcakes are an ideal way of introducing big and little helpers in the kitchen. Use a range of colourful toppings and let your creativity shine as you decorate. Keep in mind it doesn't have to be difficult - simple food is often the best.

2

Whilst putting on your apron, or getting out equipment, begin by inviting each "chef" to share what they desire for this time. Is it to enjoy spending quality 1:1 time together, to celebrate, to create or to share love with a neighbour? Remember, the essential ingredient will be the love of God in your hearts.

3

Have fun and enjoy the cooking activity. Laugh and talk as you work alongside each other. Wonder out aloud about the times Jesus shared meals with his friends. What do you think Jesus would have enjoyed eating?

4

When you have finished cooking consider delivering some home-baked goodies to your neighbour's doorstep with a card telling them that God loves them. What a lovely unexpected gift that would be to receive! And oh, how they would feel loved!

5

Pray: Dear Jesus, thank you for nourishing our bodies, hearts and minds. We thank you for the times when we can cook together, eat together, be together and pray together. Let the meals we have prepared nourish those we care about with your love. Amen.