



# MEALS @HOME

STOP. EAT. CONNECT

## Hand in Hand

### Best Use

As a date night or evening snack activity

### Nutritional Value

Appreciating how God uses the differences we have to create something wonderful

### Advance Preparation

- Supplies for a peanut butter and jelly sandwich, strawberries dipped in chocolate or other snack that “goes together”
- Two sheets of paper and pen/pencil

COUPLES

### 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? (When you hear one you immediately think of the other.)

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

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

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

**OPTIONAL:** Sit down together and enjoy your snack and enjoy your time together.

**DISCUSS:** How do you complement 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 complement each other. Thank you, Lord, for each of us, 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:** Schedule the next late night time of connecting and keep on being intentional!

  
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