

TESSA'S TREATS

IN THE TOWN



TESSA'S TREATS IN THE TOWN

Course Overview

	Day 1	Day 2	Day 3	Day 4	Day 5
Title/Bible Content	The Two Kingdoms	The Belt	The Breastplate and Shoes	The Shield and Helmet	The Sword and Prayer
Bible Passages	Creator King and Prince of Darkness John 18:37-38; Ephesians 6:10-14	Savior King Genesis 1-3; Gospels; Ephesians 6:10-14	King Josiah 2 Kings 22-23; Ephesians 6:14-15	King Solomon 1 Kings 2-11; Ephesians 6:16-17a	King of Kings vs. Prince of the Air Matthew 4:1-11; Ephesians 6:17-18a
Lesson Focus	We're in a battle between two kingdoms.	Each child of the King needs to fasten on the belt of truth.	Put on the breastplate of righteousness and the shoes of peace.	Take the shield of faith and the helmet of salvation.	Take the sword of the Spirit and pray.
Apologetics Content	Absolute truth is true for <i>all</i> people, for <i>all</i> times, for <i>all</i> circumstances.	Build a biblical worldview to stand strong in the truth.	Put on what's right (Jesus' righteousness) then do right.	Guard against false teachings and temptations.	Be ready to give an answer for the hope that is in you.
Veritas Verses	Ephesians 6:10-11	Ephesians 6:14	Ephesians 6:15	Ephesians 6:16	Ephesians 6:17-18a
Rhyme Time	Of two, only one is true!	Decide your side!	Do right in God's sight!	Learn to discern!	Train your brain!
Animal Pals	Winifred ("Winnie") the Warhorse	Wily the Fox	Grimwald the Dragon	Byron the Ironclad Beetle	Skye the Peregrine Falcon
Kieran's Crafts in the Courtyard	Castle Catapult Kingdom Crown Juggling Balls	Suncatcher Cross Fox and Geese Board Game	Breastplate Tin Punch King Josiah Puppet Theater Dragon Sock Puppet	Faith Shield or Necklace Wordless Book	Train Your Brain Card Caddy Mini Sword
Kieran's Science in the Courtyard	What's Up? Light and Dark	Newton's Cradle Goin' in Circles	Force Field Pom-Pom Launcher	Spring Thing Balloon Jousting	Tests of Strength Battering Ram
Griffin's Games on the Green	Capture the Flag Jumping Jesters	Bucket Brigade Belt Bonanza	Dragon Dash Royal Games of Skill	Defend the Castle Hat Stack	Knights' Obstacle Course Sword Tag
Tessa's Treats in the Town	Kingdom Cookies Be Strong Barbells	King's Cups Fox Faces	Dragon Munchies (Versions 1 & 2)	Mini Pizza Shields Cracker Shields	Moat Floats Banana Swords
Cool Contests	Guess the Cannonballs	Team Tournaments	Royal Dress-Up Day	Design a Helmet	Mission Money Mania



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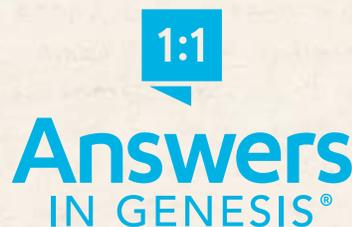
Tessa's Treats in the Town

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Handy Helps

Huzzah!

Hooray! It's time to charge into medieval times—a world brimming with breathtaking castles, regal kings and queens, fire-breathing dragons and brave knights, and epic battles.

Amid the pages of *Keepers of the Kingdom: Standing Strong in Today's Battle for Truth*, your knights will learn how to be part of God's kingdom and wear the armor of God. Our Royal Majesty's kingdom is under attack, and we must prepare for battle!

Day 1: The Two Kingdoms—We will discover there are just two kingdoms—the kingdom of light versus the kingdom of darkness. One is ruled by the good King, Creator God. The other is ruled by the enemy, Satan.

Day 2: The Belt—We must decide our side. Those who become citizens of God's good kingdom need to wear the armor of God daily, starting with the belt of truth that helps us have an unshakable trust in God's Word, along with helping us live as truthful people.

Day 3: The Breastplate and Shoes—The breastplate helps God's children put on Christ's righteousness and grow in right living. The shoes show us we can be at peace with God, which helps us stand firm in our Christian convictions and share Jesus with others.

Day 4: The Shield and Helmet—The shield and helmet protect us from the enemy's attacks—wrong thinking, discouragement, and deception. We will learn to discern!

Day 5: The Sword and Prayer—The sword of the Spirit is the Word of God, which helps us train our brains to know, memorize, love, and obey God's Word. And as we battle, we must pray!

Excitement and adventure await from the first minute of each day when kids meet in traveling troupes. The troupes gather at the **Apprentices' Assembly in the Great Hall**, a high-energy beginning that includes wacky intros, lively songs, a missions moment, and prayer.

Then they're off to rotate through five fun sites:

Truth Talks in the Keep, where God's Word is taught in hands-on ways.

Kieran's Science and Crafts in the Courtyard, where kids are bedazzled making special craft and science creations of their own.

Tessa's Treats in the Town, where kids can feast on tantalizing treats and eats.

Griffin's Games on the Green, where there are plenty of old-world games with new fun twists.

Minerva's Missions, Music, and Memory Verses at the Manor, where kids can sing songs, learn their memory

verses with fun games, or go in-depth with the mission moment featuring Children's Hunger Fund and the Wild Brothers.

Finally, everyone heads back to the **Apprentices' Assembly in the Great Hall** for the closing, where there's more singing, contest results, and the highly anticipated daily drama. This is situated in the royal chambers and features some regal (and not so regal) characters who are engaged in a classic battle between good and evil.

So prepare to step back in time, embark on the journey, and partake in one royally fun time!

Our Goal

We are so thankful for how God has chosen to use the Answers VBS programs over the past years! But why did we decide to embark on such an undertaking in the first place, and why are we still at it, by God's grace?

Our primary goal has always been to bring God glory by boldly and unashamedly proclaiming him to a strategic group—young people! From both a biblical and statistical point of view, young people are a big deal. They're not only awesome—we love 'em!—but they're also dearly cherished by our Lord and tend to be softhearted toward spiritual things. Researchers generally agree most people become Christians when they're children, so it's apparent this age group is a huge mission field!

Children are loved by their Creator, and Jesus said to let them come to him (Luke 18:16). We want children to come to Christ and not be hindered in any way from doing so. To that end, we combine a biblically rich VBS with off-the-chart, irresistible fun. In a day and age when content sometimes suffers, we don't want to sacrifice rich teaching. But it's also crucial that the most exciting book in the world not come across as boring or irrelevant. We want to reflect our creative, inspiring, joy-giving God who made laughter and fun.

So why do we do it? We want kids around the world to hear about and personally meet our awesome God and understand how they can receive eternal life through repentance and faith in Christ Jesus. We believe VBS is a great way to introduce them to God, as it is one of the biggest outreaches of the year for most churches.

We pray you will find that every prayer prayed, every minute invested, every dollar spent, and every word spoken will bring God glory as you reach kids for Christ. Just remember—VBS is worth it. May God richly bless your VBS. We're praying for you!

Your Role

Your role as the Snack Coordinator is outlined in the following pages. Your responsibilities may include:

- Planning snacks for all age levels
- Organizing the snack donation sign-up
- Buying supplies that have not been donated
- Preparing daily snacks for VBS and/or overseeing others who are helping with snacks
- Monitoring which children have allergies and planning accordingly
- Coordinating the serving of snacks each day

- Making sure key lesson themes are reinforced through the snacks
- Overseeing the cleanup of the snack area(s) each day
- Praying over all aspects of this job before, during, and after VBS

This is *your* guide. Read it carefully and prayerfully, using our suggestions combined with the ideas the Holy Spirit brings to your mind.

So get ready! Get set! God is about to use you and your church to impact lives.

Frequently Asked Questions

The content of *Keepers of the Kingdom* may be new to you. For a list of helpful articles on the topics covered in this VBS program, please visit AnswersVBS.com/keeperfaq.

Terms to Know

Throughout the VBS curriculum, various terms will be used. Here is a list of some of the most common terms to know.

Traveling Troupes: Groups of children (individual classes) named after people of the Middle Ages, such as Jesters, Bakers, or Troubadours.

Troupe Leaders: Group leaders who lead the traveling troupes from place to place during VBS. No teaching is required of this position.

Truth Talks in the Keep: Bible and apologetics lesson time in the most fortified part of the castle—the keep.

Royal Trainers: Teachers of the Truth Talks.

Kieran's Science and Crafts in the Courtyard: Rotation site where crafts are made and science experiments are explored.

Tessa's Treats in the Town: Indoor or outdoor location where snacks are served.

Griffin's Games on the Green: Indoor or outdoor site (outdoor is preferred) for recreation time.

Minerva's Missions, Music, and Memory Verses at the Manor: Rotation sites where kids can spend additional time learning songs, memory verses, and missions.

Veritas Verse: Daily memory verse. (*Veritas*, a good medieval word, means “truth is mighty and will prevail” and “true, trustworthy.”)

Animal Pals: Our friendly animal mascots that remind us of the main themes of each day.

Toddlers: 2–4-year-olds.

Pre-Primaries: 4–6-year-olds, or children ages 4 through those who have completed kindergarten.

Primaries: 6–9-year-olds, or children who have completed grades 1–3.

Juniors: 9–12-year-olds, or children who have completed grades 4–6.

For multi-age K–6 traveling troupes, we recommend using the material for the Primaries.

Top 20 Tips for Tessa's Treats

1. Pray! Ephesians 6:18 reminds us to be praying at all times in the Spirit. This is your most important preparation. Give all concerns to the Lord and watch *him* do great things.
2. After reading the daily snack choices, including the Super Simple Options, Healthy Options, Toddler Options, and extra ideas listed in the Tip Corners, decide which snack you will serve each day. There are also Additional Snack Ideas at the back of the book.
3. Test each recipe ahead of time to learn how to prepare the snack efficiently. Also, check out [Pinterest.com/answersvbs/](https://www.pinterest.com/answersvbs/) for pictures of the snacks and fun ways to present them.
4. Don't forget to include VBS workers in your calculations! Offer munchies for adult and teen helpers to grab on the run.
5. Plan two snacks per day for toddlers. See the Toddler Snacks list for suggestions to pair with other ideas in this book. When choosing other options, be mindful of small foods that may be choking hazards for young children (e.g., hot dogs, nuts, marshmallows, raisins or dried fruits, grapes, hard or very chewy candies, chunks of cheese or fruit, triangle-shaped chips, and popcorn).
6. Calculate your portions based on the daily snack supply list located on the back cover. (Additional ideas are not included on this list.) Make a snack donation list based on what you've chosen and share it with those in your ministry.
7. Set up a collection area for incoming supplies. Label the supplies for VBS to prevent hungry people from opening unlabeled food. Stockpile your items in a safe place.
8. Check with local restaurants for donations of cups, napkins, and lemonade mix.
9. Assess your stock often. As VBS approaches, purchase what has not been donated.
10. Prepare as much as you are able to ahead of time. Use zippered baggies when possible to hold individual snacks for each child.
11. Be aware of common allergens such as nuts (e.g., peanuts, peanut butter, peanut oil, and tree nuts), dyes (red, blue, and yellow), dairy items, berries, gluten, wheat, soy, eggs, and corn. Be vigilant and careful regarding all of this! Plan alternate snacks or ask parents to provide an alternative. It's also helpful to make a list of all the ingredients used in each snack so parents can see if there will be any problematic ingredients. Post the daily list in a visible spot (on the entry doors, at the snack location, at the info counter) and in your Caretaker Handbook.
12. In addition, keep a list of children with allergies and monitor what is being served to them. Make sure all leaders and snack servers are aware of who has what allergies.
13. Enlist help for the preparation station in the kitchen and for the serving station in the refreshment area. If serving indoors, set up the serving station away from kitchen knives, hot pans, and potentially slippery floors. If serving outside, place a table in the shade.
14. Decorate the space so it has kid appeal and hang the "Tessa's Treats" sign. Post a sign announcing the featured food and drink of the day. Check "Decorating Decisions" in the *Director Guide* for more decorating ideas. Play the VBS music.
15. Check the daily attendance to get an accurate number of children. Make extra snacks for latecomers.
16. Use good hygiene. Adults must wash their hands before preparing food. Plastic food prep gloves should be worn by food staff, and long hair should be pulled back. Children should take a quick bathroom break and wash their hands before snack time. Use wipes or hand sanitizer for quick hand cleanup.
17. Keep drinks cold in large coolers, such as 10-gallon coolers with a pour spigot.
18. Pray and thank God for the snacks before eating.
19. While the children are eating, reinforce the day's lesson using the Teaching Tie-In given for each snack. (Make sure to have a Bible to read verses that are referenced.) Then use the Conversation Starters and Fun Facts to have fun, guided conversations.
20. Place large, wheeled trash cans with trash bags in the area for quick cleanup.

Toddler Snacks

Day 1

Kingdom Cookies

- 1 c. butter, softened
- 1½ c. sugar
- 2 eggs
- 2 t. vanilla extract
- 2 c. flour
- ¾ c. baking cocoa
- ¾ t. baking soda
- ½ t. salt
- Vanilla icing, 1 T. per half cookie

Cream the butter and sugar, then add eggs one at a time. Beat in vanilla. Combine the next four ingredients and gradually add to the creamed mixture. Cover and chill for one hour or more. Roll into 1-inch balls and place on an ungreased baking sheet 3 inches apart. Bake at 350°F for 12–15 minutes or until the edges are firm. Cool before icing. Use store-bought icing or search the internet for “vanilla icing recipe” to make your own. Ice half of each cookie.

TEACHING TIE-IN

Look at your kingdom cookie. Do you remember how many kingdoms there are? *Pause.* Two! One is God’s kingdom, and one is the enemy’s kingdom. Which side is the good kingdom? *Take responses.* Which side is the bad kingdom? *Take responses.* Let’s thank God that we can be part of his good kingdom and for this food.

A Few Twos

Serve two of a few items, such as two crackers, two small pieces of cheese, and two small pieces of fruit.

TEACHING TIE-IN

How many crackers do you have? *Take responses.* Let’s count them. How many pieces of cheese? *Take responses.* Of fruit? *Take responses.* Do you remember how many kingdoms there are? *Take responses.* Two! Let’s thank God for his good kingdom and for this good snack.

Day 2

King’s Cups

- 1 can frozen orange juice concentrate, thawed
- 1 can frozen fruit juice concentrate, thawed
- 1 lb. carton fresh strawberries (cut into tiny pieces)
- Several bananas (cut into tiny pieces)
- 2, 15 oz. cans peaches (cut into tiny pieces)
- 1, 20 oz. can pineapple tidbits (cut into tiny pieces)
- Plastic spoons and small plastic cups, 1 of each per child
- Foil

This is like the big kids’ version but uses a smaller cup and less slushy per cup.

Make the frozen concentrates according to package directions. Put the orange juice and the fruit punch in a mixing bowl. Cut the fruit into tiny pieces and add to the mixture. Fill small cups half full of mixture and cover with foil. Freeze. Take out before VBS begins so they will be a slushy, smoothie-like consistency when serving. Test one the day before so you know how much in advance they need to come out of your freezer.

TEACHING TIE-IN

We’re having a king’s cup. Would you like to be a king or queen? *Take responses.* Do you know who the greatest king ever is? *Take responses.* Yes, God! Let’s thank him for being the King of kings and for this food.

Fruit Tarts

Make or buy a favorite medieval food—small fruit tarts or pies. An easy way to make semicircle fruit pies is to flatten small canned biscuits, put pie filling on half of the biscuit, fold over, press ends together, and bake. Or you may want to just serve some kind of canned or fresh fruit.

TEACHING TIE-IN

We have a yummy fruit snack today that we can thank God for. Do you remember who ate fruit from the tree of the knowledge of good and evil? *Take responses.* Yes, Adam and Eve. God made fruit for us to enjoy, but there was just that one tree Adam and Eve were not supposed to eat from. Let’s thank God for his good rules and for this snack.

Day 3

DRAGON MUNCHIES

- Dragon nails: Cone-shaped corn snacks, approximately 5 per child
- Dragon fireballs: Baked cheddar cheese ball snacks, approximately 5 per child
- Dragon bones: White chocolate covered pretzels, several per child

TEACHING TIE-IN

Dragons lived long ago with people. Some animals that we call dinosaurs today were called dragons in the past. Many had scales and nails and long tongues. Let's pretend our food is dragon scales and nails and bones. And let's thank God for dragons and for our food.

KING'S SCEPTERS

- Braided twisted pretzels, 1 per child
- Cheese ball snacks, 1 per child, or watermelon cut into stars, 1 per child

Put a cheese ball snack or a watermelon star on one end of a rod to make your scepter.

TEACHING TIE-IN

Do you remember the name of the king who was a boy when he started? It was King Jo____ (have them shout out the name). Yes, King Josiah! He wanted to do right and obey God!

Day 4

MINI PIZZA SHIELDS

- 1 4x4-in. square of pizza dough or Pillsbury mini pizza crust (in pop-open cans)
- 1 heaping T. pizza sauce
- 1 heaping T. mozzarella cheese
- Mini pepperoni slices for topping

Preheat oven according to package directions. Cut packaged pizza dough or crust into 4x4-in. squares. Bake. Then use a sharp knife to shape the square into a shield. Or, for a simpler, round shield, use a large cookie cutter (4 or 5-inch) to cut circles in the dough. Spread a heaping tablespoon of sauce on each one, followed by mozzarella cheese. Add pepperoni slices to resemble the decoration on a medieval shield. Place on a baking sheet and bake until bubbly.

TEACHING TIE-IN

This pizza shield reminds me of a part of God's armor—the shield of faith. The shield of faith protects us! Let's thank God for giving us this special, invisible shield and for this fun snack.

H IS FOR HELMET

Give each child five braided twist pretzels and a napkin or small plate. You may want to bag these ahead of time and put all the baggies in a helmet, such as a football helmet. Pass out the pretzels and have the kids shape them into an uppercase H.

TEACHING TIE-IN

Let's make the letter H out of our pretzels. Demonstrate how to do it and have them do so. The letter H stands for helmet. We learned about the helmet of salvation today, didn't we? God wants us to wear our invisible helmet to guard our minds. Let's thank God for giving us the helmet of salvation and these pretzels.

Day 5

MOAT FLOATS

- Blue-raspberry soft drinks, 4–6 oz. per child
- Vanilla ice cream, 1 small scoop per child
- Small cups, 1 per child
- Small straws that bend, 1 per child

This is a smaller version of the big kids' Moat Floats. Put a small scoop of ice cream in each small cup and keep chilled in the freezer until ready to serve. Pour the soft drinks right before serving and insert a straw in each cup.

TEACHING TIE-IN

Our treat today is called a moat float. A moat was a big hole that could be filled with water. The moat went around a castle to help keep enemies away and everyone inside safe. Let's thank God for caring for us and for this yummy snack.

POPSICLE SWORDS

Give each child a popsicle. You may want to put a small cup or part of a cup on the popsicle stick under the popsicle to catch melting drips.

TEACHING TIE-IN

This popsicle reminds me of a part of God's armor—the sword of the Spirit. The sword of the Spirit is God's Word, the Bible. Let's thank God for this good treat and for giving us the Bible.

DAY 1

Kingdom Cookies

Ingredients (for 3 dozen small cookies)

- 1 c. butter, softened
- 1½ c. sugar
- 2 eggs
- 2 t. vanilla extract
- 2 c. flour
- ⅔ c. baking cocoa
- ¾ t. baking soda
- ½ t. salt
- Vanilla icing, 1 T. per half cookie

Jester's Juice Ingredients

- Apple juice or apple cider (popular drinks of the times), 1 quart for every 5 children

Basic Supplies

- Large and medium mixing bowl and mixer
- Measuring cups and spoons
- Plastic wrap
- 2 baking sheets
- Spatula
- Knife to spread icing
- Small plates, napkins, and cups for serving, 1 of each per child
- Drink pitchers or coolers

Prep

1. Cream the butter and sugar, then add eggs one at a time. Beat in vanilla. Combine the next four ingredients and gradually add to the creamed mixture. Cover and chill for one hour or more. Roll into 1-inch balls and place on an ungreased baking sheet 3 inches apart. Bake at 350°F for 12–15 minutes or until the edges are firm. Cool before icing.
2. Use store-bought icing or search the internet for “vanilla icing recipe” to make your own. Ice half of each cookie.

Teaching Tie-In

Thank God for the snack. As everyone munches, say:

Look at your kingdom cookie. Do you remember how many kingdoms there are? **Two**. Which side represents God's kingdom? **Light**. Which side represents the enemy's? **Dark**. The two kingdoms are opposites of each other. God is for us, the enemy is ____ (against us); God is truth, the enemy is ____ (a liar—John 8:44). God is loving, the enemy is ____ (hateful).

When we become citizens of God's good kingdom, we show we love God by wanting to obey his Word and please him. Those who are citizens of the enemy's kingdom don't have that love for God and desire to obey him. Do you know which kingdom you're part of?



After eating or while continuing to eat, share the Conversation Starters and Fun Facts below.

Conversation Starters and Fun Facts

- If you lived in medieval times, which would you rather be: a knight, a court jester, a member of royalty, or a traveling storyteller/singer?
- Can you think of a time you made a kind choice that would reflect God’s good kingdom?
- God’s kingdom is based on truth. Who is someone you know who is an honest person—a person who tells the truth?

Tip Corner

- This recipe makes approximately 36 small cookies. Adjust the recipe to make the amount you need.
- To make your first day run more smoothly, pass out the cookie recipe ahead of time and have people

bring the cookies in (either iced or uniced) the day before VBS.

- Lay a 3x5 index card across half the cookie before icing it to make a straight line. Or melt white chocolate and dip half the cookie in the melted chocolate, then let it dry on parchment paper.
- Another option is to give them one small vanilla cookie and one small chocolate cookie.
- Drink boxes or water bottles can be used any day this week if you prefer drinks that do not require cups and preparation.
- Fun thematic napkins for this day can be half white, half dark.

Super Simple Option

Duplex Sandwich Cookies—Buy cream-filled sandwich cookies that have one side chocolate and one side vanilla. These can be found at most grocery stores or online.

Day 1 Overview		
The Two Kingdoms		
Lesson Focus		Bible Passage
We are in a battle between two kingdoms.		Creator King and Prince of Darkness John 18:37–38; Ephesians 6:10–14
Memory Verse	Animal Pal	Cool Contest
Ephesians 6:10–11	Winifred the Warhorse	Guess the Cannonballs
Science and Crafts	Treats	Games
Experiments: What’s Up? / Light and Dark Crafts: Castle Catapult / Kingdom Crown / Juggling Balls	Kingdom Cookies Be Strong Barbells	Capture the Flag Jumping Jesters

Be Strong Barbells

Ingredients (per child)

- 3 small pretzel sticks
- 6 regular marshmallows

Or

- 1–2 large pretzel rods
- 2–4 large marshmallows

Or

- 4 small pretzel sticks or braided twist pretzels
- 8 large grapes (the larger, the better) or 8 cheese ball snacks

Jester's Juice Ingredients

- Apple juice or apple cider (popular drinks of the times), 1 quart for every 5 children

Basic Supplies

- Small plates, napkins, and cups, 1 of each per child
- Drink pitchers or coolers

Prep

1. Gently twist one marshmallow or grape or cheese ball onto each end of the pretzel stick or rod. (Twisting helps prevent breakage.)

Teaching Tie-In

Pray and thank God for the snack. As everyone munches, say:

Read Ephesians 6:10. This verse tells us to be strong in the Lord. What do you think that means? Discuss. We can't muster up our own strength to live a good life. The word *strong* really means to "be strengthened." We need to trust God and rely on his strength, not our own. Notice that the verse says we have to be "in the Lord" to be spiritually strong. That means we have to be a child of God and part of his kingdom to receive this strength. So ask yourself: am I a child of God, and am I relying on God through prayer and his Word?

After eating or while continuing to eat, share the Conversation Starters and Fun Facts below.

Conversation Starters and Fun Facts

- Do you consider yourself a strong person physically? What do you think you can lift? A cat? A dog? A chair? A house?
- Do you think you'd like to do weight training some day?
- Is it more important to be physically strong or spiritually strong?

Tip Corner

- The older kids loved the larger barbells!
- Marshmallows are a choking hazard for young children, as are whole grapes. Choose an alternate snack or use pretzel sticks with round cheese ball snacks (like Utz brand) on each end.



- Drink boxes or water bottles can be used any day this week if you prefer drinks that do not require cups and preparation.

Super Simple Option

Bountiful Bread—Share that bread was the staple food of medieval times, eaten at most meals and by rich and poor alike. There were many kinds and shapes, including round loaves, wheat rolls, and flat cakes, to name a few. Serve some chunky bread with butter, jam, or jelly, all of which were eaten back then.

Healthy Options

Cheese Barbells—Substitute cubed cheese or apple slice circles on braided twist pretzels or pretzel rods in place of the marshmallows. For apple slice circles, core the apple and slice horizontally.

Power Balls—Check online for a recipe for nut-free power balls and make them. Talk with the kids about what it means to be strong in the Lord and the power of his might. (We are spiritually strong and have spiritual power only if we are his children. It is *his* strength and power, not our own.)

Toddler Options

Check the Toddler Snacks for daily suggested snacks with Teaching Tie-Ins.

If you choose to serve other snack options included in this book, make sure they are safe for toddlers, with no choking hazards.