

GATHER THE CHILDREN AND READ THE FOLLOWING, AND THEN LEAD THE WONDERING QUESTIONS.

Leader: "Our gospel reading today talks about how the Kingdom of God is like a banquet or a huge party. The people who were invited say they have more important things to do and they don't go to the party. But Jesus says, how sad for them to miss out on such an awesome celebration – everyone is invited, you me, everyone in our church, and everyone on the whole planet! God wants us to know that we don't have to wait for the party, it can be right here and now – if we do little things every day that make our lives and the lives of others just like a banquet, where there is enough food for all, and everyone has a place at the table."

Wondering questions: These are suggested questions to spark conversation and wondering for the children (and congregation). After each question, allow the children time to respond freely without giving them feedback.

- How does it feel to be invited to a party? Or to be left out?
- What things could seem more important than being with God?
- What we can do to show God we want to be at the celebration too?

Leader: Eating different kinds of nutritious foods every day helps us grow strong, healthy bodies. We can also develop spiritual habits that help us grow. In the same way that it's not just about how MUCH food you eat, but what KIND of food you eat – practicing different ways of showing love, compassion, generosity, and respect for others is how we show God we want to be at the Banquet too!

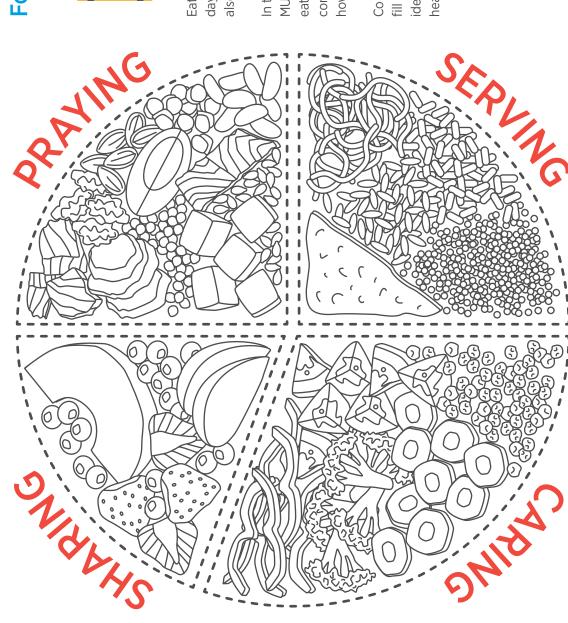
Prayer: God of the Banquet, we thank you for inviting each of us to be a part of all the incredible things you have planned for those who follow and love you! Thank you for preparing a place for everyone here (you could have each child say their own name here as well). Help us to build healthy habits that nourish our spirits, and show you that we want to be at your party too. Amen.

CRAFT (GETTING READY FOR THE BANQUET)

Color, cut and paste different kinds of foods that make up a nutritious meal, and also represent the different ways we can show we want to follow God's call.

Note: If leading a virtual class, be sure to send the colouring pages in advance. OR Hand out 2 copies of the colouring page to each child. In a church setting, these can be coloured during class. In a children's feature setting, have the children bring their page back to their seats.

A BANQUET FOR ALL



For this activity you will need:



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In the same way that it's not just about how MUCH food you eat, but what KIND of food you eat – practicing different ways of showing love, compassion, generosity, and respect for others is how we show God we want to be at the Banquet too!

Colour, cut & paste the different food groups that fill the plate with nutritious foods. Next, brainstorm ideas on how you can start practicing some healthy habits that nourish you, body AND soul!



WORLD FOOD DAY (October 16th) is a day to remember that EVERYONE deserves to grow up well nourished. While the 690 million people who aren't getting enough food are of utmost concern, there are also many more than people struggling with poor quality diets and cannot access enough nutritious food. Visit foodgrainsbank.ca for learning activities about food and how you can help!

