

S.A.F.E. Homes



Strengthening Apostolic Families Everywhere



**“But seek ye first the kingdom of God,
and his righteousness; and all these things
shall be added to you.”-Matthew 6:33**

First Things First

Do you ever skip breakfast and rush out the door to start your day, and then overeat at lunch because you are so hungry? Research has shown that breakfast is the most important meal of the day. It has been determined that children who eat breakfast have better concentration, thus perform better academically, manage weight better, have more energy, and are less prone to obesity and related conditions.

Psalm 23:5 says, “Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil, my cup runneth over.”

With our days filled with responsibilities that demand our time and energy, how often do we skip the most important meal of the day – spiritual breakfast with the Lord at his table? Can you hear the Lord calling after us, “Wait, breakfast is ready!”? Though we can call on the Lord for help anytime, our daily responsibilities usually go much smoother and we can accomplish so much more when we start the day by first seeking the Lord and inviting Him to help us throughout our day.


Every morning is a new opportunity to meet with the Lord at His table and eat nutritious food. Just as eating a healthy breakfast is important for our overall physical well-being, starting our day with a spiritual breakfast with the Lord, is even more important. Breakfast is always ready.

“Give us this day our daily bread.” – Matthew 6:11

Family Prayer: Thank you, Lord, for preparing a table before us with ‘manna from heaven’, the ‘bread of life’. Help us to sit daily with You and dine to insure our spiritual well-being. In Jesus’ Name, Amen.



Includes
Family
Activities



Want more?
Scroll down for
Bonus Pages

Looking



Inward

Create and decorate a personal planner for each family member where 'appointments' can be entered to meet with Jesus. Plan to sit and dine with Him at His table daily. Make every effort to keep these very important appointments.

Let's talk

Read Psalm 119:103 aloud. What does it mean to taste *God's Word*? Some examples might be: reading it, studying it, singing it, hearing it preached, etc. Explore the benefits of eating the Word, as the scripture states 'Blessed is he that shall eat bread in the kingdom of God' Luke 14:15



Take time to pray together in the morning before leaving the house. Perhaps each day you can choose a separate prayer focus for someone outside the family: a missionary, neighbor, or church member. Even a few moments can create a bond with each other, with Jesus, and others.

Looking



Outward

Additional Challenges

***Let us enjoy the benefits of eating the Word
by finishing the following scriptures.***

(Deuteronomy 8:3) Man doth not live by bread only, but by...

(Matthew 6:11) Give us this day...

(Matthew 26:26) And as they were eating, Jesus took bread...

(John 6:35) And Jesus said unto them, I am the...

(John 6:51) I am the living bread which came down from heaven...

(I Corinthians 10:17) For we being many are one bread...

The Bible mentions several “first” things.

How many can you match correctly?

- | | |
|-----------------------------------|---|
| 1. Tithing | _____ A. No other Gods before me |
| 2. Alpha and Omega | _____ B. First man |
| 3. Adam | _____ C. Cain and Abel |
| 4. Birthright | _____ D. The church at Ephesus |
| 5. Evening and morning | _____ E. Cast the first stone |
| 6. First Commandment | _____ F. First Born |
| 7. First children | _____ G. First Fruits |
| 8. Seek first | _____ H. First day |
| 9. Left their first love | _____ I. The Kingdom of God |
| 10. He that is without sin | _____ J. First and Last |

I am that
bread of life.

John 6:48

