

SOUL FOOD

ACTIVITY BOOKLET





soul food

Written by Craig and Mary Jutila
and Leslye Miyashiro

Illustrated by Cara Brull

Empowered Living, Inc.
28562 Oso Pkwy, D-220
Rancho Santa Margarita, CA 92688
www.whowillyouempower.com



Table of Contents:

Week One:

Obey 1

Week Two:

Trust 7

Week Three:

Rely 13

Week Four:

Share 19

Week Five:

Listen 25

Week Six:

Recognize 31

Week Seven:

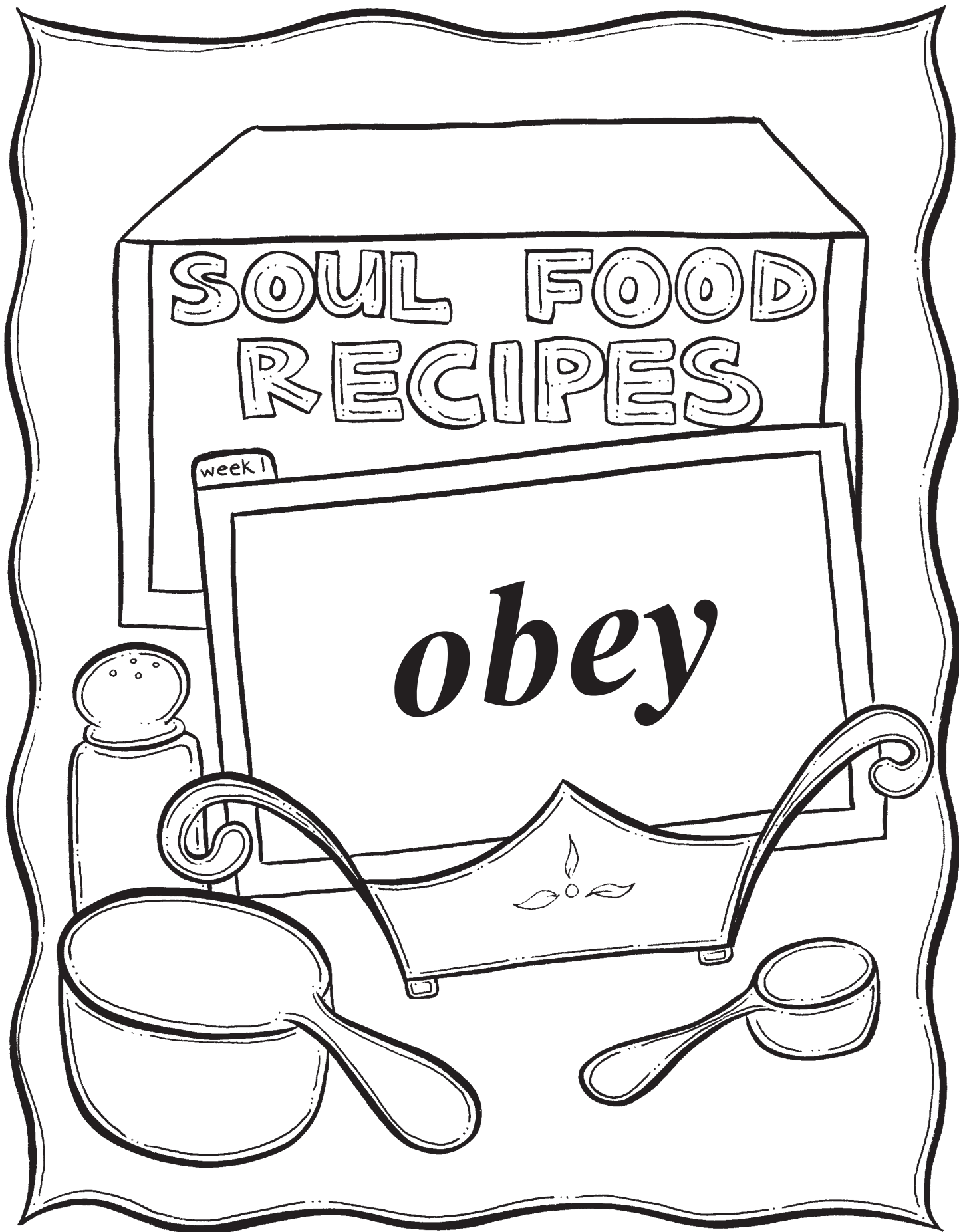
Remember 37

Week Eight:

Feed 43

Theme: Week One

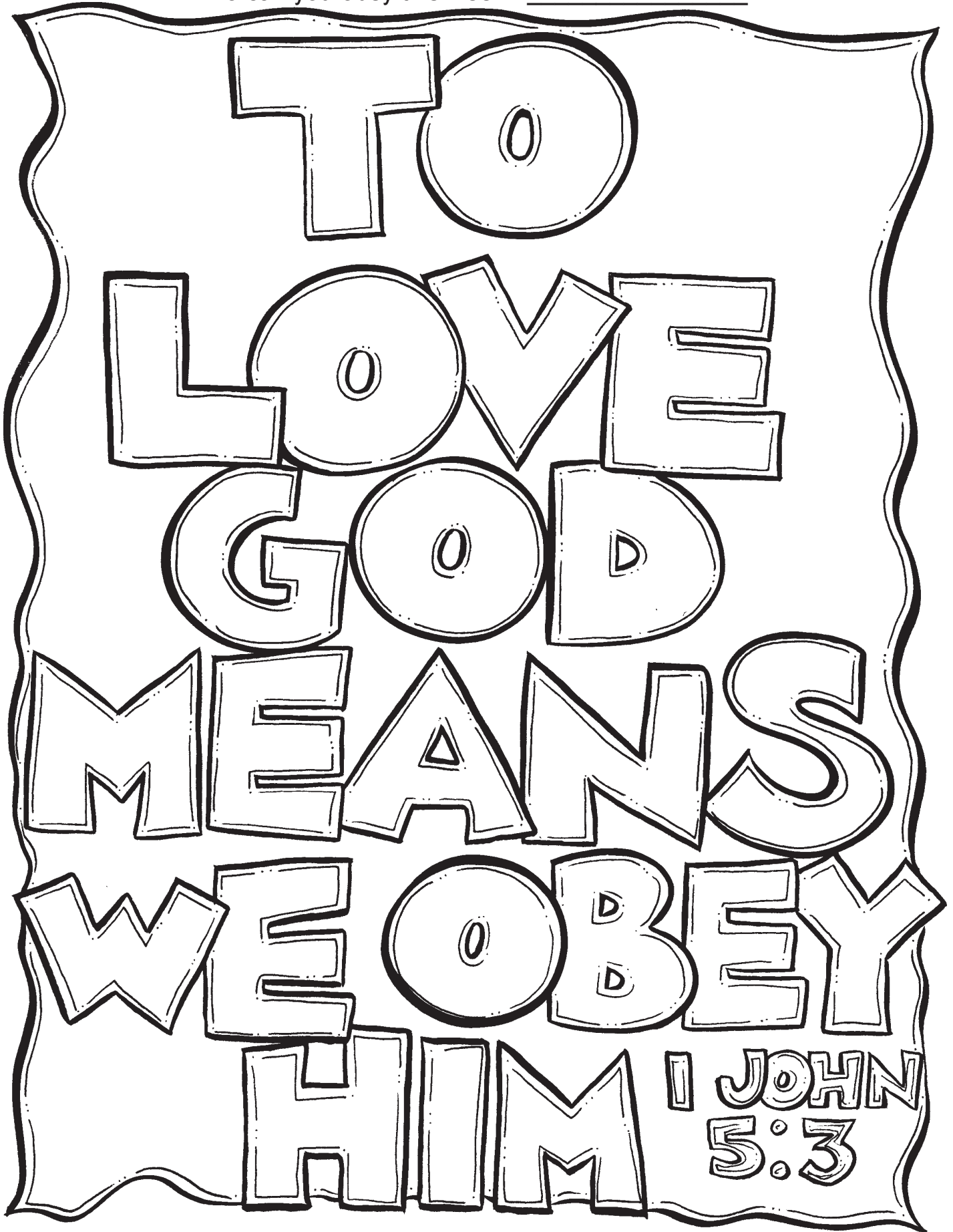
Our theme this week is obey. I can obey God when I choose what is right.



Memory Verse

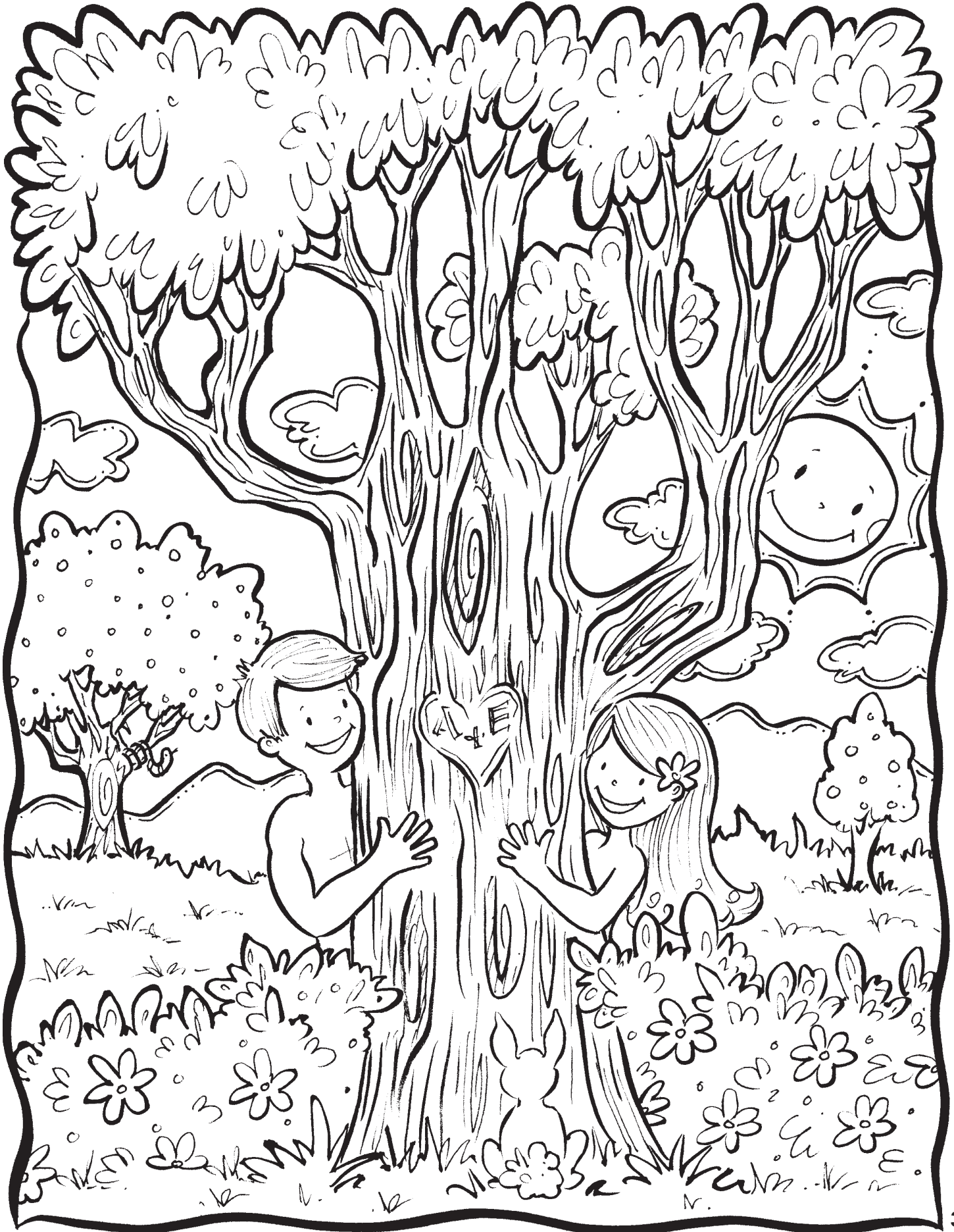
Color the words to help you remember this week's Bible verse.

Who can you obey this week? _____



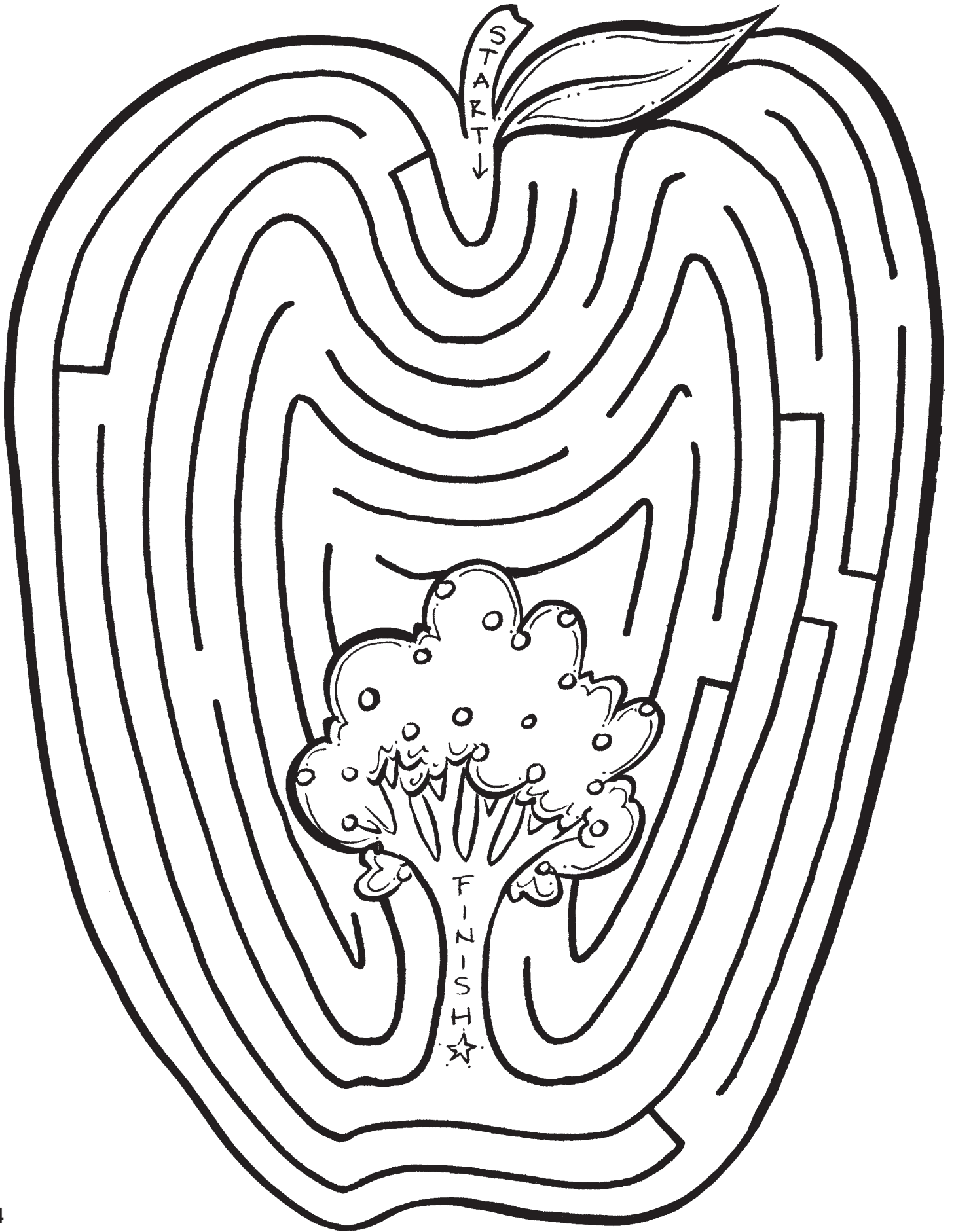
Bible Lesson

Color the picture of Adam and Eve in the garden before they disobeyed God.



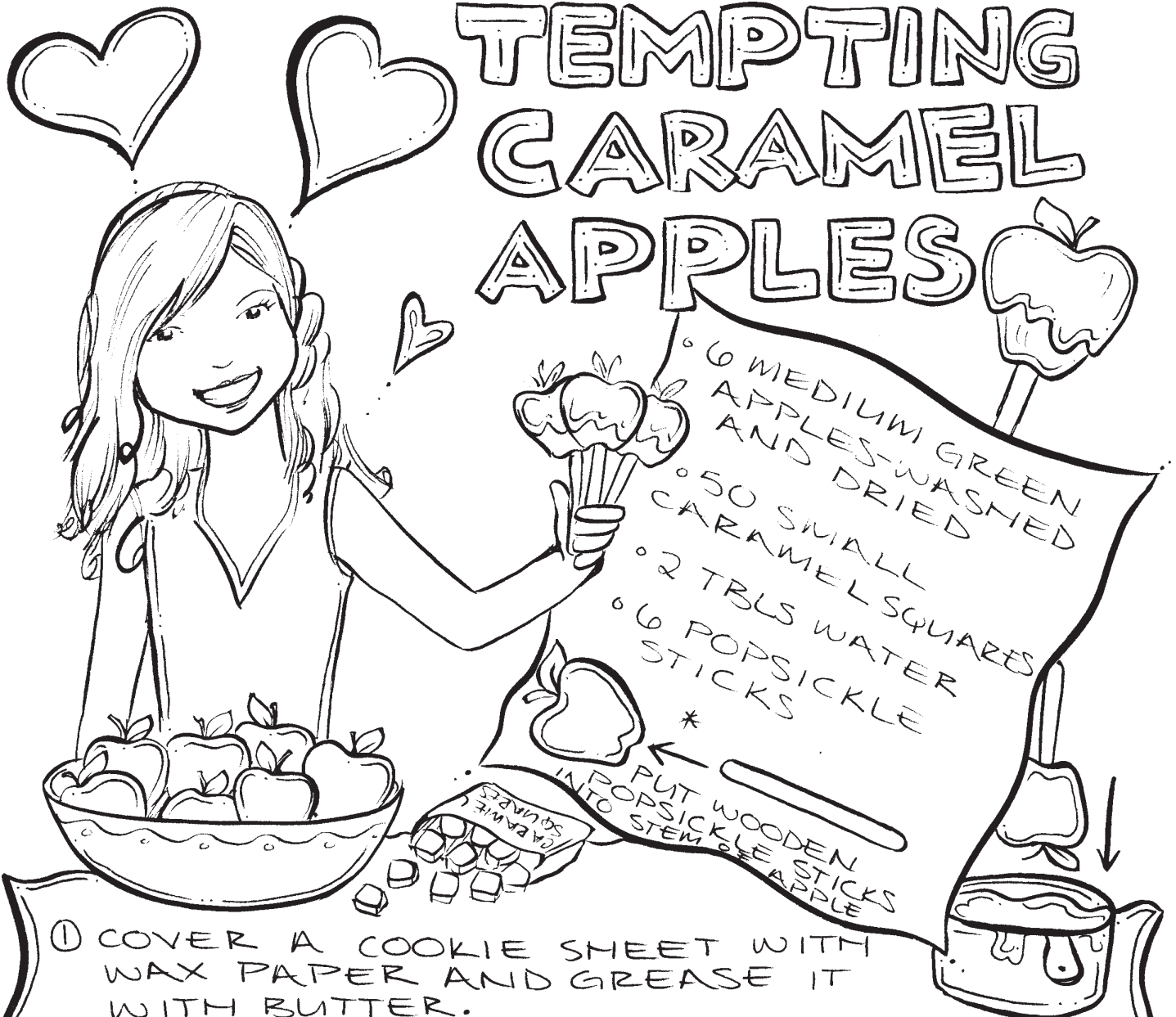
Activity Page

Can you find your way through the apple maze?



Appetizing Application

Adam and Eve were tempted with a juicy apple. 🍏 Can you obey these directions to make some yummy caramel apples?



① COVER A COOKIE SHEET WITH WAX PAPER AND GREASE IT WITH BUTTER.

② PUT CARAMEL SQUARES AND 2 TBLs WATER INTO A SAUCEPAN. COOK OVER MEDIUM HEAT, STIRRING CONSTANTLY. COOK UNTIL CARAMELS ARE COMPLETELY MELTED.

③ HOLD APPLE BY THE POPSICLE STICK AND DIP INTO MELTED CARAMELS*

④ PLACE ON WAX PAPER AND PUT IN REFRIGERATOR UNTIL READY TO EAT.

* TRY DIPPING CARAMEL APPLE IN SPRINKLES, MINI M&M'S, NUTS, ETC...

Use this page to draw and color something that you learned at church this week!

