

# 1 Corinthians 10:31 – Food and fasting



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<https://youtu.be/PMSjnxkixJc?si=IQfWAUiB5HyR7ZDD>

## Tablemat/ coaster with a difference:

Make your own tablemat/ coaster which you can use when eating and drink to remember that you are blessed by God.

Take a piece of paper and cut it into your preferred shape. Remove labels from food tins, packets, drinks bottles – (chose your favourites) and attach them to your coaster or mat. If you have access to a laminator, laminate for durability. Somewhere on your mat write the Bible verse.



A prayer for when you have a drink.  
**Dear God,**  
**Thank you for all the food and drink in the world.**  
**Amen**



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## Bible reading - 1 Corinthians 10:31

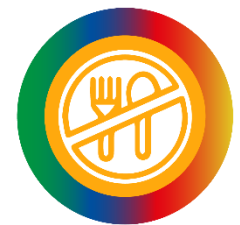


So if you eat or drink anything,  
or whatever you do,  
do it for the glory of God.

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**I wonder what the word glory means?**

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