Main Point: God designed marriage to be the union of one man and one woman who work together as one team under His guidance for life (Genesis 2:20–24). Marriage requires mutual sacrifice, teamwork and compromise.

Preparation: You’ll need some twine, sandwich ingredients (bread, peanut butter and jelly), a beverage, cup and Bible. Lay out ingredients to make a sandwich on the kitchen counter. Make sure that you place one of the key ingredients where the kids can see it but can’t reach it.

Suggested Age: Elementary/Pre-teen  
Estimated Time: 20 minutes

Note: For this activity, you’ll need at least two children. If you are the parent of an only child, see if one of their friend’s families can join you for this lesson.

Step One:

Tell your kids, “Today we will learn about how God designed marriage and how a healthy marriage works.” Take two children and the twine far away from the kitchen as possible. Have the two children stand side-by-side, with their “inner” arms around each other. Then tie their “inner” legs together. Remind them that they are not allowed to use their “inner” arms at any time during the activity.

Step Two:

Now that they are tied together, their first task is to race to the kitchen. Then they are to make a sandwich and pour the beverage. Remind them that they can only use the “outside” arm. Next they are to cut the sandwich in half and feed it to the other person along with an occasional drink.

Note: Once they get to the kitchen, they’ll have to figure out how to get the out-of-reach item. You’ll want to encourage them to ask for your help to reach it.

Step Three:

When they are done, consider asking them these questions: What was it like being tied together? Was it easy to decide how to do things, like open the jelly jar or hold the cup without spilling on the other person? Could they do everything on their own?

Read Genesis 2:20–24 and explain to your children that marriage is an incredible adventure that God intended for one man and one woman. When you get married, you no longer act alone, but are part of a team. But even as a team, you need help and guidance from God—like when you had to ask for help getting the peanut butter down. Just like you had to communicate to successfully accomplish today’s activity, husbands and wives have to communicate in order to create a successful marriage. Part of this unique relationship involves taking care of the other person and thinking about their needs above your own.

For more family night activities and parenting tools please visit ItStartsAtHome.org