



Give kids different scenarios with the opportunities to decide between what they want and what is best. Jump up for what you want, squat down for what is best. Examples: Cookies vs. vegetables; Staying up late vs. going to bed on time; Doing homework early vs. waiting until the last minute to get it done; Watching a movie they're not allowed to watch vs. turning off the movie; Cleaning your room when asked vs. deciding to watch TV instead; Keeping money you found on the floor at a store vs. turning in the money to an employee at the store.

Say: Because of our sin, we are all wired with the desire to choose our own way instead of what is best—God's way. This was true of Adam and Eve in the Garden in Eden, it was true of God's people wanting a king in our story, and it is true of us also. Sometimes what is best for us isn't what we think it is. God knows what is best for us and we can always trust Him.



FAMILY FEUD MINI EDITION

One player becomes the host and secretly writes a category with five answers (for example, "Things in a refrigerator"). The other players take turns around the table, each trying to guess as many of the five answers as they can before 60 seconds are up, earning one point per correct guess. After everyone has had a turn, the player with the most points wins the round. The winner becomes the next host and gets to choose the new category and write the next five answers.



ROMANS 6:23

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

Watch the video and work together to memorize Romans 6:23.



As a family, take time in January and February to pray together, thanking God for the families who received gifts from North Metro Church at the Christmas Market and in Guatemala. Ask Him to bless those families and guide them in the new year. Then, pray as a family about your own New Year's resolutions, seeking God's guidance in areas like spiritual life, family relationships, health, education, sports, and finances, write a few down—like 'I will spend 10 minutes with God every morning' or 'I will run a mile once a week'—and do your best to hold each other accountable as you follow through on them.



The Israelites made it to the promised land! Everything was going to be great now, right? Wrong! Sometimes we think that when we get to a specific place or accomplish a certain goal, everything will be easy-peasy. That might be what the Israelites thought. God's people were finally in the promised land, but not all was well. Generation after generation continued a pattern of disobedience—a cycle of sin with troubling consequences. Because God is just and holy, He would never allow His people's sin to go unchecked. But because He is also loving and gracious, He would always provide forgiveness of sin through repentance.

When God's people wanted a king just so they could be like the nations around them, God warned them but gave them what they wanted. King Saul seemed like the ideal king, but he proved not to be the king the people needed. When Saul sinned against God, God judged him and promised to remove him as king.

Scan here for all of our NMC Kids resources



Sign your name & return for a prize!

NORTH METRO CHURCH

kids

Table Talker

JANUARY–FEBRUARY 2026



Take turns being in the "Hot Seat" while others ask the following questions:



FUN QUESTIONS TO ASK

- What is one high from your day today? (can be asked daily)
- What is one low from your day today? (can be asked daily)
- If you could thank God for something silly and something serious, what would they be?
- What Bible story would you love to step into for a day?
- If Jesus had lunch with you today, what meal would you make for Him?
- What is one way you can show kindness at school this week?
- Would you rather be able to sleep standing up or walk lying down?
- What is one thing God helped you with this week?
- If you could hear Bible story over and over again, which on would you pick?
- Would you rather have an extra eye on your forehead or four ears?
- If you could design a superhero, what power would they have? What would their costume look like?
- Would you rather build a snowman or have a snowball fight?





Hey Parents,

This discipleship tool is just for you!
It's our very own: NMC Kids Table Talker!

Our goal with the Table Talker is to equip families to connect around the table intentionally.

We know that life is busy! You're running from school to practice to home and maybe another rehearsal. We hope that you are able to sit down around the table and connect with each other using this tool.

The activities and devotions you'll find in the Table Talker come from the Gospel Project curriculum that we use in the classrooms. That means you can connect what you do at home with what your kids do in the classroom!

But it's not all curriculum; you'll also find silly games, get-to-know-you questions, and family challenges.

First, you'll have to assemble it. No Ikea instructions are needed. Just use the sticky tab! It will create a square that can be placed on your dinner table.

HOT SEAT

Take turns being in the "Hot Seat" while others ask the following questions.

TIME OUT

A short devotion based on the stories of the month. You can also scan the QR code to see what Bible stories your kids are learning on a Sunday morning.

GAME, SET, MATCH

A relationship-building game to encourage laughter!

FAMILY FACE-OFF

An activity for the whole family that goes with the theme of the month.

MIGHTY MEMORY VERSE

Memorize and practice this month's mighty memory verse.

POWER UP

Pray together as a family. Sometimes we'll provide you with specific prayer requests. Sometimes, you get to guide your family through the prayer that you need right now.

Ok, but now that everything is finished...do you just throw it away???

NOOOOOOOO!!!

Then what do you do with it? We're glad you asked. You'll sign your Table Talker once it is finished, and just bring it back to NMC Kids on a Sunday.

Then, one of the NMC Kids staff will come around to your classroom within a few weeks of you turning it in to let you pick a prize!

Parents, you are the main discipler of your children! We hope that this Table Talker is just the tool you need to take your family relationships to the next level!

Have fun!