

Jesus, Our Bridegroom, Family Lesson

Learn how God joins us to himself and our spouse in covenant.

Bible Verse: Ephesians 5:31-32: *“As the Scriptures say, ‘A man leaves his father and mother and is joined to his wife, and the two are united into one’³² This is a great mystery, but it is an illustration of the way Christ and the church are one.”*

Supplies: Muffin pan, mixing bowl, oil spray, optional kitchen gloves, 1 egg, 1 lb. ground beef, ½ lb. other ground meat (ground turkey, pork, sausage, lamb), 1/8 tsp. salt, ¼ c. plain breadcrumbs, ½ c. pizza sauce (plus more for topping), ½ tsp. Italian seasoning, 6 oz. (1½ c.) shredded mozzarella

Activity: Making Pizza Meatball Cups. (Gather supplies before beginning. Read notes aloud as you go.)

1. **Preheat oven to 375 degrees and grease a muffin pan with cooking oil spray.**
2. **Hold up the egg.** The Bible describes God the Father, Son, and Holy Spirit as “echad” or a unified one, just like this egg has three parts but is one. Let’s see if you can identify all three parts as we crack the egg into the bowl. (Point out yolk, egg white, and shell.) **Beat the egg with a fork.**
3. **Add the ground beef and other ½ lb. meat to the bowl.** Just like we’re about to combine these two kinds of meat together to form meatballs, when two people get married, the Bible says they are united into one by God, who is represented by the egg. God binds us to our spouse like egg binds foods together.
4. **Add 1/8 tsp. salt.** Salt was added to every sacrifice in God’s covenant with Israel because salt gives flavor and preserves food by making it last. In the Bible, salt is symbolic of covenant, a word that describes a lifelong agreement between two people, like marriage. God’s covenant with us through Jesus lasts forever, just like salt lasts forever.
5. **Add ¼ c. breadcrumbs.** The Bible calls Jesus the bread of life. When we receive Jesus as our Savior, God makes an eternal covenant with us, promising to love us and keep us with him forever.
6. **Add the ½ c. pizza sauce and ½ tsp. Italian seasoning.** Do you remember what the pizza sauce represented when we made our God pizza? (The Holy Spirit.) The Holy Spirit helps us remember to love each other the way Jesus loves us. He fills us with God’s presence and goodness.
7. **Mix all the ingredients together with your hands** (with gloves, if you prefer). Can you separate the two kinds of meat anymore? The Bible says that when a man and a woman get married, they become “one flesh” just like the two kinds of meat combined to make a new mixture. Jesus said, *“What God has joined together, let no one separate”* (Mark 10:9, NIV). God wants covenant to last.
8. **Divide meat mixture into four quarters in the bowl, then form three meatballs from each quarter until you have 12 meatballs. Place each meatball in the prepared pan and press up the sides to form a cup.** Just like we had to work to form the meatballs, staying in relationship with others requires effort. What are some things we do to stay connected to Jesus? (Read the Bible, pray, etc.) How do we have good relationships with people? (Forgive, do nice things, listen, share, etc.)
9. **Sprinkle mozzarella into each meatball cup.** Do you remember what the cheese represented when we made our God pizza? (God’s love.) Just like we poured the pizza sauce and cheese into our cups, the Bible says that *“God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us”* (Romans 5:5, NIV). Jesus helps us remain in covenant by teaching us how to love each other and by giving us his Spirit to fill our hearts with God’s love.
10. **Bake meatballs for 15-18 minutes.** Serve with additional pizza sauce poured over the top and enjoy!