Food for Thought- Transfiguration



Even a snack or food can help children understand the meaning of Scripture.

I'm quite confident in this method because it is one that God used often. Stories that come to mind are The Passover, Manna and Quail, The Last Supper and even in the way we are asked to remember Christ in communion.

Tonight in Bible class we studied about the Transfiguration of Christ from Matthew 17:1-13. The children and I read the Scripture together as we made and ate our snack.

(Teacher Tip: I found out, the hard way, that 2 of the children were lactose intolerant so you might want to check that first □□)

Supplies:

- Ice Cream
- Cola (any fizzy/gassy drink will do)
- A spoon or ice-cream scoop
- Cups
- Spoons

Instructions:

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1. Read Matthew 17:1-3 to the children and discuss. We spent a while talking about what the word “transfiguration” means (A complete change of form or appearance into a more beautiful or spiritual state.)
   “After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. 2 There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. 3 Just then there appeared before them Moses and Elijah, talking with Jesus.” NIV
2. Continue reading through verse 13 taking time to emphasis verse 5
   5 While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!”
3. Now pass out the cups and spoons. Fill each child’s cup with 3 scoops of ice-cream. As you do this emphasise the 3 men who appeared on the mountain: Jesus, Moses and Elijah.
4. Now for the “cloud”! Pour cola over the ice-cream and watch the froth rise.
5. My kids loved this. By the time we had repeated the process for each child all the children knew the story well.

Date
2026/11/23

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