



Ideas for children and their families

ACTIVITY 1: MALAWIAN FOOD

Below are some traditional ingredients or dishes used in Malawian cuisine. Why not try some out at home to eat together as a family? You could even invite some other people from church to share with you.

Zitumbuwa, or Malawian banana fritters, are a popular street food and snack throughout the country. These sweet treats are made by mashing ripe bananas into a batter, which is then deep-fried until golden brown. The result is a crispy exterior with a soft, sweet interior, making zitumbuwa a delightful indulgence for those with a sweet tooth.

Mbatata, or sweet potatoes, are a beloved ingredient in Malawian cuisine, featured in various dishes and preparations. Whether roasted, boiled, or mashed, sweet potatoes offer a naturally sweet and nutritious addition to Malawian meals. Mbatata is often enjoyed as a snack or side dish, providing sustenance and satisfaction to those who indulge.

Kachumbari is a refreshing salad that serves as a popular side dish in Malawian cuisine. Made from diced tomatoes, onions, and chili peppers, kachumbari is seasoned with lemon juice or vinegar for a tangy flavour. Its vibrant colours and crisp texture add a refreshing contrast to hearty main dishes.

Mandazi is a type of pastry similar to an American donut. They are eaten out of hand and are a popular option for dessert.

The link below gives recipes for the four dishes mentioned above and some more that you could try for a Malawian themed meal.

[15 Delicious Malawian Recipes / boondockingrecipes.com](https://www.boondockingrecipes.com/15-Delicious-Malawian-Recipes/)

ACTIVITY 2: MAKING MUSIC TOGETHER

Do you have any instruments in your house?

Or could you play some worship music on a device and sing and play along?

Take some time to listen to, sing along with or play instruments as you worship God together as a family.

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And don't worry if you are not overly musical. Psalm 100:1 says,

Make a joyful noise to the Lord, all you lands!

You could choose songs that you sing in church or are used in children's ministry in church. Or just ask your smart speaker or device to play some worship music!

"...be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart..."

Ephesians 5:18-19

ACTIVITY 3: BIBLE DEVOTION

Any time an astronaut gets out of a space vehicle, it is called a spacewalk. The world record for the most spacewalks is held by Russian cosmonaut who made 16 spacewalks for a total of more than 82 hours outside in space.

Today, spacewalks are done outside the International Space Station. Spacewalks usually last between five and eight hours, depending on the job.

Astronauts go on spacewalks for many reasons. Spacewalks allow astronauts to work outside their spacecraft while still in space. Spacewalks are done to allow astronauts to do experiments or to test new equipment and make repairs to satellites or to their spacecraft while in orbit. By going on spacewalks, astronauts can repair equipment that might otherwise have to be brought back to earth for repair.

When astronauts go on spacewalks, they wear spacesuits. Spacesuits protect spacewalkers from the harsh environment of space. Spacesuits also give astronauts oxygen to breathe and water to drink during spacewalks. These suits weigh about 136kg.

Before an astronaut gets to work on their to-do list though, a voice from NASA's Mission Control invites them to stop and look around them. These brief moments of wonder at their surroundings, built into every NASA spacewalk, are known by the astronauts as "AWE-TIME".

Isn't that amazing?

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And yet that awe-time is only from interacting with creation. **We** get to interact with **the Creator** and our time with him is where we find awe-time. Many of the psalms can help us to have words which help us to speak that awe and worship God. Psalm 100 is one of those psalms.

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;

come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his[a];

we are his people, the sheep of his pasture.

Enter his gates with thanksgiving

and his courts with praise;

give thanks to him and praise his name.

For the Lord is good and his love endures forever;

his faithfulness continues through all generations.

Psalm 100 (NIV)

Singing songs to God to show him how amazing we think he is and to worship him is great. We can do that in church, at home and anywhere else that we are.

But did you know that it tells us in the Bible that God also sings over us? God's song isn't of worship but of love for his children and joy in who they are. We hear of God's song in the book of Zephaniah.

The Lord your God is with you.

The mighty One will save you.

The Lord will be happy with you.

You will rest in his love.

He will sing and be joyful about you.

Zephaniah 3:17 (ICB)

Wow! Imagine hearing God's song? That would be amazing!

Next time you see something amazing that God has created, or you are so happy about who God is or you want to share your day with him, remember you can sing songs and praise him wherever you are. But also remember that God is singing about you, a love song about his joy at you being his child and about how much he loves you.

Pray, thanking God for songs you can sing and for his song over you.