

DAY  
1

# TODAY'S TREAT CHEW CHEW TRACK

1. Wash hands and pray.
2. Have each person unwrap one granola bar.
3. Say: **These look like an important part of a train track called railroad ties. Wooden railroad ties can weigh up to 300 pounds each, and they must be placed first to build a strong railroad.**
4. On the counter, build a train track with your family, with each person placing one granola bar and the Twizzler strings to look like a railway. (See photo below.)
5. Say: **Our snack railroad reminds us we sometimes have to do a hard thing first to put us on track to what's best – and Jesus can help us. Today's Bible verse, Philippians 4:13 says, "For I can do everything through Christ, who gives me strength." *JESUS' POWER HELPS US DO HARD THINGS!* (Trust Jesus!)**
6. Everyone can take their granola bar from the track to eat. Divide the strands of Twizzlers among family members.
7. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 4. **Preschool:** As everyone eats, ask: If you could hop on a train and go anywhere, where would you go?

Jesus' power helps us do hard things!



**Supplies:**  
Granola Bars  
Twizzlers



DAY  
2

# TODAY'S TREAT CHIP TUNNEL

1. Wash hands and pray.
2. Take Pringles out of the container and try to make a tunnel with them. Experiment with different ways of stacking and lining them up. If you want to try a more advanced STEM activity, google Pringle Ring and try to create your own (See photo below.)
3. Once you have constructed your chip tunnel, take a look through the middle of it.
4. Say: **Our tunnel isn't very long, but trains can be in a dark tunnel for a really long time before the light at the end of the tunnel appears. The light gives hope because it means the train is about to make it through the tunnel. We'll get through dark or hard times in our lives, too. Today's Bible verse, Psalm 31:24 tells us, "So be strong and courageous, all you who put your hope in the Lord!" *JESUS' POWER GIVES US HOPE!* (Trust Jesus!)**
5. Carefully take apart your train tunnel so you don't crush the chips.
6. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 12. **Preschool:** As everyone eats, ask: What favorite things would you take with you for a long train ride?

Jesus' power gives us hope!



**Supplies:**  
Pringles



DAY  
3

## TODAY'S TREAT COAL CRUNCH

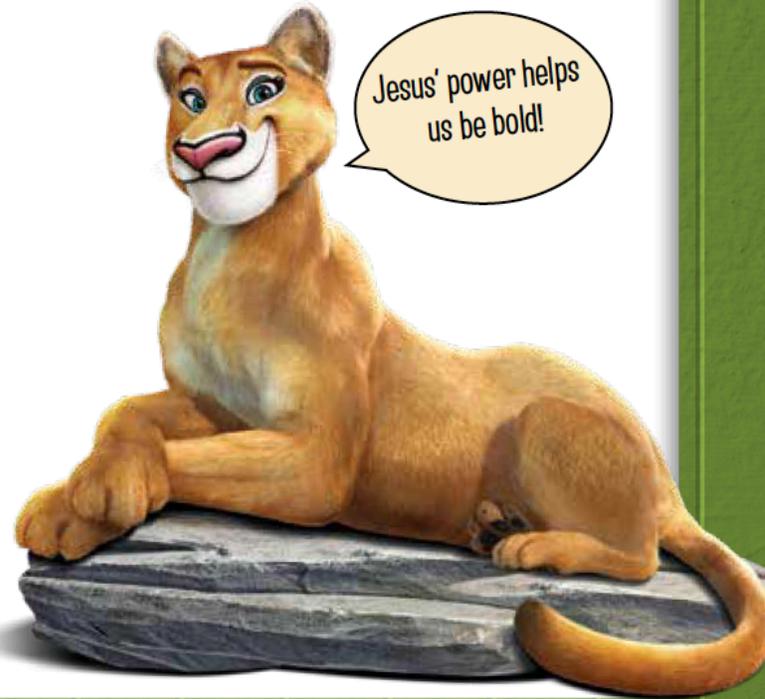


### Ingredients:

- 16 oz Oreo Cookies
- 4 Cups Miniature Marshmallows
- ¼ Cup Butter
- 1 Gallon Size Ziploc Bag

### Directions:

1. Place Oreo Cookies in a Gallon Size Ziploc Bag.
2. Using a rolling pin or measuring cup, crush the Oreos into small pieces.
3. Place Butter and Marshmallows in a bowl and heat in the microwave on high for 1 minute.
4. Stir marshmallows and butter until smooth.
5. Add in crushed Oreos and stir well.
6. Roll into small round cookies to create a "coal" shape.
7. Allow to cool completely before storing.
8. Store in an airtight container.



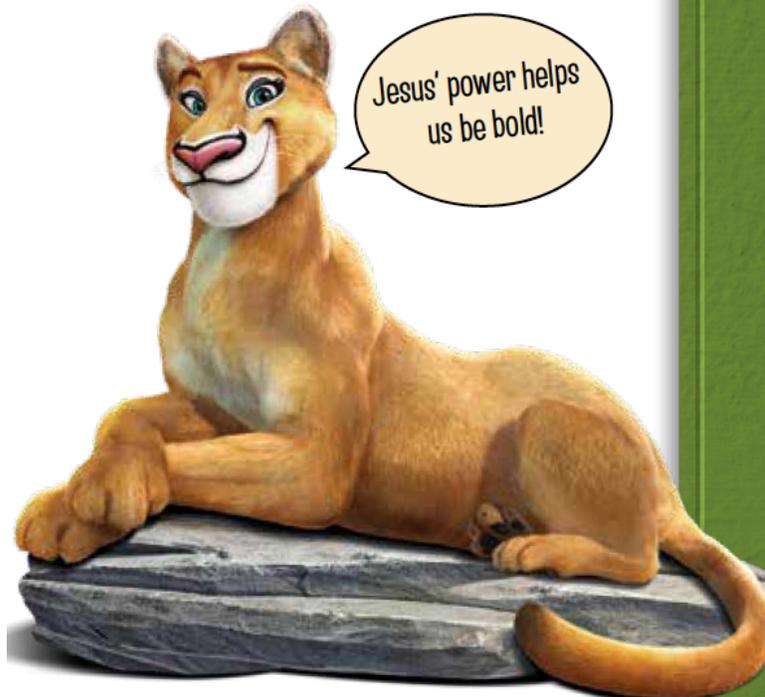
DAY  
3

## TODAY'S TREAT COAL CRUNCH



1. Wash hands and pray.
2. Have everyone pull out a piece of "coal" and look it over.
3. Say: **Today's snack looks like coal! Coal is a kind of rock that can be burned to make powerful, bold energy that'll move things even as huge as trains. Jesus gives us power, too, and JESUS' POWER HELPS US BE BOLD! (Trust Jesus!) The Bible tells us in Isaiah 40:29 that "He gives power to the weak and strength to the powerless."**

4. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 20. **Preschool:** As everyone eats, ask: If you could make a train that could do anything, what would your train do?



DAY  
4

## TODAY'S TREAT CRUNCHY CROSSBUCK



1. Wash hands and pray.
2. Give everyone 4 pretzel twists and a plate.
3. Place a dime-sized amount of "glue" (example: peanut butter, frosting, cream cheese, etc) onto the center of one pretzel. Then lay a second pretzel on top of the other, connecting the pretzels at their centers. Repeat.
4. Turn pretzels so they look like X's (see picture). Say: **Our snacks look like train track signals called crossbucks that remind people to stop before crossing a track. But when we turn them another way...**
5. Turn plates so the pretzels look more like crosses instead of X's. Say: **They look like crosses that remind us of Jesus and our special Bible verse, Romans 8:11, that says, "The Spirit of God, who raised Jesus from the dead, lives in you." JESUS' POWER LETS US LIVE FOREVER (Trust Jesus!)**
6. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 28. **Preschool:** As everyone eats, ask: Who would you want with you on a long train ride?

### Supplies:

Pretzel Twists  
"Glue" – Peanut Butter,  
Frosting, Cream Cheese

Jesus' power lets  
us live forever.



DAY  
5

## TODAY'S TREAT GOOD FRIEND FRUIT PIZZA



1. Wash hands and pray.
2. Take turns making fruit pizzas for each other. One family member builds a fruit pizza on a graham cracker while another family member tells what he or she would like on it. Use a spoon to spread whipped topping onto a graham cracker. Add whatever fruit choices your family member wants.
3. Repeat the process for each member of the family.
4. Say: **It's awesome to see us helping each other right now! In today's special Bible verse, John 15:12, Jesus says, "Love each other in the same way I have loved you." We've done that in some cool ways here at Rocky Railway. JESUS' POWER HELPS US BE GOOD FRIENDS! (Trust Jesus!)**
5. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 40. **Preschool:** As everyone eat, share one thing that you like about each member of your family.

Jesus' power  
helps us be good  
friends!



### Supplies:

Graham Crackers  
Whipped Topping  
Variety of Fruit

