# FAMILY TABLE TALK



Once your family is seated at the table & eating, go through each section below together.

### HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the person with the **smallest nose** go first.

#### LESSON RECAP

Today's story is a familiar one, especially at this time of year. This is the story where Jesus' mom found out that Jesus was coming, and that she would be his mother! God sent an angel, Gabriel, to share the news with Mary. At first she was confused, as it seemed impossible that she could have a child, much less the Son of God! But Gabriel told her "Do not be afraid, Mary. God is very pleased with you. You are going to have a baby and you will call him, Jesus. Jesus will be great and everyone will come to know him as the Son of God." What God had promised throughout the whole Bible would now come true!

THE BIG IDEA: Wait and see, God will do impossible things. THE BIBLE: An Angel Appears to Mary (Luke 1:26-38)

#### ASK THIS

- How do you think Mary felt when the angel appeared to her?
- If an angel appeared in your home, how would you react?
- What impossible thing did Gabriel tell Mary was going to happen?

## NOW WHAT?

The birth of a child is an exciting event! Tell about each of your children's own birth. Explain how you chose the name. Show pictures of them as babies if you have them.