

Gather & Grow

Making the Most Out of Family Mealtime

1

Start With a Blessing

Anchor your meal with prayer. Invite each family member to take turns leading grace or offering a simple intention.



2

Make It Screen-Free

Create a sacred space. Turn off phones, TVs and distractions—so everyone can turn their hearts toward each other.



Mealtime is more than food—*it's fellowship, formation and family.*

3

Share Real Conversation

Go beyond “How was your day?” Try:

- What made you laugh today?
- How did you see God at work?
- What was the hardest part of your day?



4

Keep It Simple and Special

Mealtime doesn't have to be fancy. A slow cooker dish or breakfast for dinner counts—what matters is gathering with intention.



5

Invite Little Helpers

Even young kids can set the table, stir a pot or choose the music. Involve everyone in creating the atmosphere.



6

End With Gratitude

Close the meal by thanking God for His provision and each other for showing up. A simple “thank You, Lord” goes a long way.

