

Your Table Today

Choose Your Focus

Read this verse aloud at your table tonight

Philippians 4: 8-9

*Finally, beloved, whatever is true, whatever is noble,
whatever is just, whatever is pure, whatever is lovely,
whatever is commendable, if there is any excellence
and if there is anything worthy of praise,
[focus on] these things.*

Discuss this question:

- *What distractions make it hard for you to focus on the good things in life?*



Life keeps
us moving
so fast that
sometimes

we don't even notice what
we are eating.

Change that this evening.
Invite everyone to take a
moment and focus on the
plate of food in front of them.

Ask:

Where did it come from?

Water? Land? Sky?

Who harvested it?

Who prepared it?

Thank God for these people!



Use your fingers to frame the face
of someone sitting at your table.
Focus on that face. Then tell that
person something you see in them
that is worthy of praise
something you admire.

The last person "framed" gets to
be the next person to frame the
faces of everyone at the table until

everyone has had a chance to share something good
about each other person.

Thank you, God

For food and prayer

Teach us how to love

and share. Amen.

A Fresh Perspective: Use this fun word game to get a fresh perspective on your family.
For each sentence below, complete it in as many ways as you can in one minute.

Our family is like an ice cream sundae because..... Our family is like a garden because
Our family is like a fish tank because Our family is like a zoo because