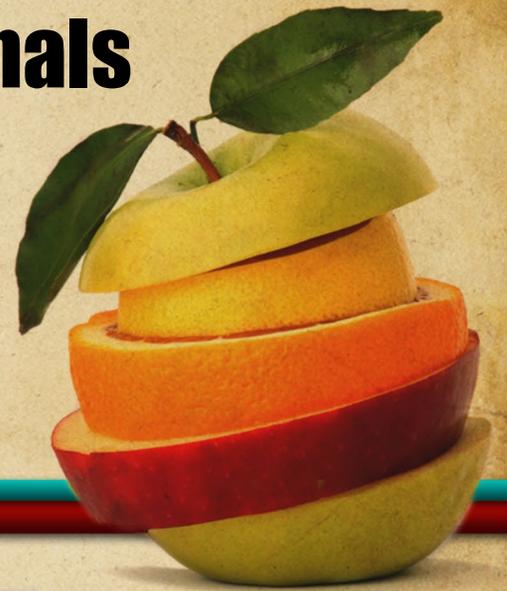


Family Mealtime Devotionals

Busy, busy, busy! Many families today are on the go so much that it's hard to get everyone around the dinner table long enough to share a meal, let alone hold a meaningful conversation. If this describes your family, make the most of the times when you are together. Use these brief readings to grab everyone's interest and get them interacting in lively, often hilarious, conversation!

If you enjoy these devotionals, there are more on Focus on the Family's website - one for each week of the year!

focusonthefamily.com > [parenting](#) > [spiritual growth for kids](#) > [family mealtime devotionals](#).



From focusonthefamily.com and the book *Mealtime Moments*.

Scrambled or Fried?

- Mealtime Prayer:** Thank God that he has a plan and purpose for your life. Ask him to use you according to his will.
- Appetizer:** Place a carton of eggs on the table. Talk about the different ways that eggs can be used. How do you like your eggs prepared? If you were an egg, how would you like to be used?
- Main Course:** Eggs look very similar, but they can be used for many different purposes. How are Christians like eggs? How does God use Christians in different ways? If God can do anything, why does he use Christians? What would happen if all Christians were used in the same way?
- Table Talk:**
- How do you think God decides who he is going to use and how he will use them?
 - What do we need to do in order for God to use us?
 - What special job do you think God has planned for you?
- Vitamins and Minerals:** "There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord" (1 Corinthians 12:4-5).

Water, Water Everywhere

- Mealtime Prayer:** For food to eat and water to drink, For healthy bodies and minds that think, For all that we have and all we enjoy, For every girl and every boy, We thank you, dear Lord.
- Appetizer:** Try to come up with 10 uses for water. Go!
- Main Course:** Eat as much of your dinner as you can without taking a drink. How long could you last? Why do we need to drink? What makes us thirsty? When do you most appreciate an ice-cold glass of water?
- Table Talk:**
- Jesus is called the "Living Water." How is he like water? Why do we need him?
 - Where can we find "living water"? How can we drink "living water"?
 - Why does the satisfaction of "living water" last forever?
- Vitamins and Minerals:** "Whoever drinks of the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life" (John 4:14).

Quiet, Please!

- Mealtime Prayer:** Ask God to help you live at peace with one another and to be kind and thoughtful to each other. Thank him for your family and for the blessings he has given you.
- Appetizer:** Have one person take a sheet of paper and draw a line down the center of the paper. On one side of the paper, write down some harsh words people use. On the other, write some gentle words they give you. What kinds of feelings go with saying and hearing the harsh words? What about the gentle words?
- Main Course:** Proverbs 15:1 says, "A gentle answer turns away wrath, but a harsh word stirs up anger." Why do people use harsh words? How do you feel when someone uses them with you? What is a gentle answer? How can a gentle answer help settle an argument? How do you feel when someone uses gentle words with you?
- Table Talk:**
- What should we do if we get into an argument?
 - How can we disagree without arguing?
 - How can you be a peacemaker?
 - Why would God want us to be peacemakers?
- Vitamins and Minerals:** "Blessed are the peacemakers, for they will be called sons of God" (Matthew 5:9).