



## The Family Table

Psalms 128:1-3; Deuteronomy 6:1-7

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### The Family Table is essential for family flourishing.

However, the Family Table has declined over the years, which has hurt the family.

### It's time to bring back the Family Table!

Psalms 128:1 Blessed is everyone who fears the LORD, who walks in his ways! 2 You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. 3 Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. (ESV)

### The family was the first institution created by God, and it revolved around the table.

Deuteronomy 6:1 These are the commands, decrees and laws the LORD your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, 2 so that you, your children and their children after them may fear the LORD your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life. 3 Hear, Israel, and be careful to obey so that it may go well with you and that you may increase greatly in a land flowing with milk and honey, just as the LORD, the God of your ancestors, promised you. 4 Hear, O Israel: The LORD our God, the LORD is one. 5 Love the LORD your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. (NIV)

### The Family Table strengthens the family and the faith.

The Family Table is more than a place to eat. It is a sacred space of physical, relational, emotional, and spiritual nourishment.

At the Family Table, we learn whose we are, who we are, where we come from, what we are called to do, and who we are to become.

Joshua 24:15 "...choose for yourselves this day whom you will serve.... But as for me and my household, we will serve the LORD." (NIV)

Proverbs 22:6 Train up a child in the way he should go; even when he is old he will not depart from it. (ESV)

## Ingredients of the Family Table

### The Table Setting

1. Aim for Consistency: Eat together daily or at least several times a week.

2. Involve Everyone: Invite kids to help with cooking, setting the table, serving, or cleaning up.

### The Table Manners

3. Minimize Distractions: No screens (phones, TVs) and focus on presence over perfection.

4. Encourage Healthy Conversation and Connection: Respect, intentional questions, openness, listening, and laughter.

### The Table Rituals

5. Begin with Prayer: Someone different each time.

6. Use Liturgy: Phrases, sentences, or observances shared at every meal. (Highs and lows today? Where did you see God at work? What are you thankful for? How did you practice a BOLD Habit today?)

### The Table Menu

7. Provide Spiritual Nourishment: Disciple the family. (Share a verse, devotional thought, or BOLD Story and use the Life Church Parent Cues.)

8. Provide Missional Nourishment: Model hospitality by inviting neighbors, friends, or church members to join your family table.

It's time to bring back the Family Table! Will I do it?