

Fun.  
Faith.  
Family.™

# End-of-Meal Prayer

Parents and grandparents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

**Make this gratitude prayer a normal and everyday mealtime routine.**

Food scarcity is not as common in the United States and Canada as it is in many other parts of the world. Americans take for granted their abundance of food. Gratitude for daily bread, as the Lord taught us to pray, is, well, not always taken seriously. Americans assume food will always be on the table! Prayers of thanks are reserved for the Thanksgiving holiday. American Christians have lost the ritual of praying both before and after the meal as a reminder of the goodness of God to our families.



Why not revive this ritual as a daily reminder of God's unfailing love. Here is an example of an end-of-meal prayer that can be said before your family leaves the mealtime table. Your family can create your own end-of-meal prayer.



*We give thanks to you dear Lord  
for all the gifts you give.  
We are grateful for your love  
that gives us grace to live.  
We thank you for your Son  
and all that he has done. Amen*

***“Jesus took the bread in his hands and gave thanks to God. Then he passed the bread to the people, and he did the same with the fish, until everyone had plenty to eat.” — Jesus in John 6:11 (CEV)***

**FF** **faith forward**  
families passing faith on

**Family Momentip:** Always think safety when doing this or any other activity with your family.

**FIVE FAITH PROMISES:** PRAYER BIBLE READING FAITH CONVERSATION ACTS OF SERVICE SHARED MEALTIMES & **OTHER RITUALS/TRADITIONS**

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# Our Family Rituals & Traditions

Parents and grandparents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

*Rituals and traditions bind families together. Rituals and traditions pass on faith and values. Rituals and traditions nurture a sense of belonging and history.*

When do you open your Christmas presents? Who puts the star or the angel on top of the Christmas tree? What do you do on New Year's Eve? Do you have a special stuffing recipe for Thanksgiving? Do you have a special version of "Happy Birthday"? Creating family traditions shows that your family has committed to each other to share those traditions in the future.

Some of these rituals and traditions can be connected to passing on your faith in Christ. It is critically important to include family faith rituals & traditions such as praying in the morning before everyone leaves, an Advent Wreath to get ready for Christ's birth or bedtime prayers.

Ask your family to join you in making a list of all of your rituals and traditions. Explain that a tradition is something special to your family that is done repeatedly to celebrate a holiday or special family time and to show their commitment to each other and to God.

Give everyone an opportunity to contribute. You may be surprised at what children find important. Consider each holiday, season, birthday and special times.

Take one of your family's identified rituals or traditions and talk together about how you can modify this activity to remind you or teach you more about your family's faith in Christ.

**NOTE**  
*If you sense your family is "under-ritualized," now is the time to create new rituals & traditions.*

*"Jesus took some bread in his hands and gave thanks for it. He broke the bread and handed it to his apostles. Then he said, 'This is my body, which is given for you. Eat this as a way of remembering me!'"*

*"That winter, Jesus was in Jerusalem for the Temple Festival." —John 10:22 (CEV)*



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# Mealtime Routine

Parents and grandparents, please paraphrase and modify to meet the age-appropriate needs, attitudes, and safety concerns of your family. Younger children can watch parents enjoying this activity to model healthy family life.

*Family mealtime can be a haven in a heartless world.*

Family routines are important. They make kids, including teenagers, feel safe and secure. They give a rhythm to life that is comforting, giving them a sense of predictability and normalness.

Shared mealtimes are one of the many routines that help kids thrive. Research strongly suggests that five or more family meals per week is protective for kids. These kids are more likely to do better in school, less likely to use drugs, drink underage, and have premarital sex. Strive for five, especially during the teen years.

An added benefit: You can practice the *Five Faith Promises* during family mealtimes!

*“They broke bread together in different homes.”*  
Acts 2:46b (CEV)



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