

# Family Card

## ***The October Family Holy Habit Scoop:***

This month's habit is about re-thinking our attitude toward eating and meals. We need to view meals not as individual behaviors that we make simply to satisfy a bodily drive, but rather as common time to bond as a family, to share stories, and to grow in grateful trust of God who we know provides for all of our needs.



OCTOBER HABIT



## MAKE MEALS MATTER



PRAY A MEAL PRAYER BEFORE EACH MEAL.



PRAY A THANKSGIVING PRAYER AFTER EACH MEAL.



EAT ONE MEAL EACH WEEK WITH ALL "SCREENS" PUT AWAY OR OFF: TV'S, LAPTOPS, PHONES, AND TABLETS.

## How Parents Can Lead the Way:

- Typically the adults are the ones earning the money, and buying (or growing) the food, which makes it easy to forget that our food does not come from us. All that we have is a blessing from God and as we reflect on this truth, our hearts grow in gratitude and peace. Not only is the food of a meal a great blessing, but the faces around the table are as well because God made each of them. Always thank God for the gift of your children as well as the gift of your food.
- Switching off devices to focus on who is in front of us demonstrates love and commitment. Pray carefully about what difference it really makes if you receive a text message or call DURING, as opposed to AFTER, dinner. If we are honest with ourselves, the need for immediate responses to messages and calls is often a self-imposed illusion.

## Making the October Habit Challenge As a Family:

- Some families have great traditions of meal prayer songs or customs of giving thanks around the dinner table. Be sure to keep those customs alive in addition to using the standard prayers.
- Take turns assigning different family members to lead the meal prayers on assigned days.
- Designate a "device cabinet" where all the screened objects can go during dinner, out of reach and out of view.



"EVERY ATHLETE EXERCISES  
DISCIPLINE IN EVERY WAY"

1 COR 9:25



"I DRIVE MY BODY AND TRAIN IT"

1 COR 9:27



"RUN SO AS TO WIN"

1 COR 9:24