

## ***The Terrain:***

*Do you finish meals without remembering what you ate?*

*Are you eating on the run all the time? Are you getting bored with eating the same dishes?*

*Are you spilling food on the screen of your smartphone?*

## ***The Path Forward:***

Christians view all meals as the fruit of God's blessing, as a foretaste of the feast of Heaven, and as a time of fellowship with those who matter to us.



HOLY HABITS CHALLENGE



# 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.

## ***Sample before meal prayer:***

"Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord, Amen." (proceeded and followed with the sign of the cross).



## ***Sample after meal prayer:***

"We give thee thanks, Almighty God, for all thy benefits, who live and reign, for ever and ever. Amen. / May the Lord grant us His peace, and life everlasting. / May the souls of all the faithful departed through the mercy of God rest in peace, Amen."

## ***Tip for success:***

Keep the October Holy Habit card in the middle of your kitchen counter or table.

## ***Fruits of victory:***

The peace of knowing that God continually provides for all of your needs.

## ***Extra stuff:***

Meal prayers are also great occasions for families to add extra intentions, praying aloud and by name for the needs of others.

## ***Holy Habits Pledge:***

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

