

## ***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.



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.

## ***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."

