



Day 10 | Live It | Family Dinner

In today's One Percent Prayer, Doug invites you to grow in love for others over a family dinner.

In today's reading, Jesus sees the hungry crowd and is moved to provide for them. When we read any of the gospels, it's notable how often we see Jesus spending time talking with his disciples while sharing a meal. He seems very attuned to our need not just to be nourished by food but by human connection. If you can, take some time today to share a meal with others.

If you live with your family or roommates

- set a time to come together without cell phones, television, or other distractions
- prepare a meal together (it doesn't have to be fancy, sometimes simple is best)
- set a table, try to have everything you will need prepared within reach
- sit down together around the table
- say grace, or a meal prayer thanking Jesus for the food and asking him to bless your time together
- enjoy the food and time together, catch up with each other, share blessings, etc.

If you live alone and can't gather with others in person

- consider arranging a phone or video call with someone you love at a set time at which you will eat separately
- prepare a meal (it doesn't have to be fancy, sometimes simple is best)
- set a table, try to have everything you will need prepared within reach
- sit down at your table and put the call on speaker phone
- say grace, or a meal prayer thanking Jesus for the food and asking him to bless your time together
- enjoy the time together, compare meals, catch up with each other, share blessings, etc.

You might also consider

- bringing a meal to a neighbor
- inviting a neighbor to join your family (only if social-distancing appropriate)