

# FAMILY TABLE TALK (SUNDAY LUNCH)

Let's be intentional with our family mealtimes and make spiritual conversations a regular part of our family life. Don't make this a lesson, but a discussion that seeks to include Jesus and His Word into our hearts and lives.

## **E**ncourage (Build them up)

- Ask fun/funny questions

Example: If you were an animal what would you be?

What is your favorite dance move? What has been your most awkward moment?

- Call out in each other something positive you have seen, or something you love about each other.

## **A**sk (Get them thinking for themselves)

- Read this morning's scripture together and/or put into your own words what Sunday's message was about.
- What was interesting to you about this morning's message?
- Was there anything that was confusing or hard to understand?

## **T**alk It Out (Steps of obedience)

- Talk about ways you as an individual can live differently this week.
- Talk about ways your family as a whole can live differently this week.



## **FAMILY TABLE TALK (EVERY DAY)**

Let's be intentional with our family mealtimes and make spiritual conversations a regular part of our family life. Don't make this a lesson, but a discussion that seeks to include Jesus and His Word into our hearts and lives.

### **E**ncourage

- Ask fun/funny questions!

Example: Everyone shares a funny memory they have. If you could have a superpower what would it be and why? If you could have dinner with anyone in the world, who would it be?

- Share with each other something positive you have seen in one another or something you love about each other.

### **A**sk

- Ask each other what has been something you have "lost" today because of the quarantine.

Example: I didn't get to see my friends today, I feel like I lost my birthday, etc.

- Ask each other what has been something you have "gained" or are "grateful" for today because of the quarantine. Example: I had more time today to spend time with Jesus, We have had more quality time together as a family, etc.

- What is something Jesus is teaching you?

Let's wait on Jesus together for a minute and let Him remind us what He loves about us or maybe something He wants to remind us!

### **T**alk It Out

How are we as a family seeking Jesus this week?

How are you seeking Jesus this week?