



*Introduction:* Yesterday, we broadly studied Deuteronomy 6 and considered the need for establishing family habits that provide spiritual opportunities in our homes. In this lesson, I want to focus on just one area where I wish I had made more of a priority when all of my children were at home. It is also an area that I think is vital to a church's growth if we are to grow in our relationships with one another and visitors beyond the surface conversations that happen in a church lobby. So, consider the power of sharing a meal together at the family table. It is both a powerful tool for growing your family relationships and those in your spiritual family.

Maybe you have not thought deeply about it, but it is amazing how many powerful things happen in Scripture at the table. Just survey the Scriptures and you will find numerous events occurring around dinner tables. So, I wonder with all of these Bible examples, how many important moments are we missing with our family when we do not make just a few moments to be with each other at our family table? So, one neglected family-changing habit I'd like to talk about is our need to take the table more seriously. The family table gives us great moments to learn, to encourage, to warn, to remind, to teach, to talk and to rejoice at our tables! There is power in the table.

### I. A Few Statistics About the Family Table

A. What does the research indicate about the value of families eating meals together at the dinner table? \_\_\_\_\_

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B. Yet, is this happening as much in our generation as in our grandparents' generation? \_\_\_\_\_

### II. The Bible and Your Table

A. Consider 10 transformative aspects the Bible connects to your table...

1. **A \_\_\_\_\_ of Provision**—your children learn to see and appreciate you as a provider as you gather around the family table for food and refreshment (2 Samuel 9:6-11; 1 Kings 4:20-23; Prov 31:14-15).
2. **A Place of \_\_\_\_\_**—what an opportunity to give thanks for “our daily bread” and to lead in prayer and to teach our children to pray (Matthew 6:11; 1 Timothy 2:1-4, 8; Matthew 15:36-37).
3. **A Place of \_\_\_\_\_**—when the table becomes a priority it teaches God comes before food, family comes before friends/work (Daniel 1:8-16; Lk 10:38-42; 14:25-34)!
4. **A Place for \_\_\_\_\_**—the table is a great place to show our love for others—family, brothers, sisters, guests (Job 1:4-5; Hebrews 13:1-2; Acts 2:46-47).
5. **A Place for \_\_\_\_\_**—the table provides a practical training ground for common courtesy—please, thank you, excuse me, yessir, no ma’am... (Luke 7:37-50).
6. **A Place for \_\_\_\_\_**—as your family speaks of their daily experiences what a great opportunity to sprinkle in practical applications of Bible teachings (Deuteronomy 6:7; 2 Timothy 1:5).
7. **A Place to \_\_\_\_\_**—sometimes inviting someone to a meal for the purpose of talking to them more about the gospel may be an effective strategy (Luke 5:27-32; Romans 12:20; Jewish Feasts).
8. **A Place for \_\_\_\_\_**—when you gather for “Thanks” giving is it all about the food or do you take the time to actually praise God for the good you’ve received in the year (Psalm 100; 1 Timothy 4:4-5)?
9. **A Place of \_\_\_\_\_** hear words or see behavior at the table that needs chastening. Didn’t Jesus rebuke at a few tables (John 13; Eph 6:4; Heb 12:5-11; 1 Cor 5:11-13)?
10. **A Picture of \_\_\_\_\_** -- the “table” is often a picture of God’s kingdom and of the joy of our heavenly reunion (Matthew 8:10-11; Revelation 19:9).

*Conclusion:* How many precious moments are we missing by not eating together at the table? This habit will be transformative in our families if we use it in the ways we have just described. Let’s end with this old poem that summarizes some of today’s thoughts.

**Additional Notes:** \_\_\_\_\_

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**Discussion Questions:**

1) What are some of your favorite memories that have occurred at the family table? \_\_\_\_\_

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2) What are some of the things keeping you from sharing your table with your family or others? \_\_\_\_\_

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