



FAMILY SERIES - ISSUE 1 - JANUARY 2023

FAMILY TIME

Quarterly Newsletter of "The GRIDS Family"

Eat Together!

Why should families eat together more?

Dinnertime and mealtimes on Sunday afternoons may be the only time for us to reconnect, leaving behind our individual pursuits such as playing, watching screens, doing homework, and planning upcoming official work. Our families are starving for time to spend together; dinnertime and mealtimes on Sunday afternoons may be the only time for us to reconnect. The evening meal and the Sunday afternoon mealtimes are times when we can unwind, regroup, laugh, tell tales, and catch up on the highs and lows of the day while simultaneously building a feeling of who we are as a family unit.

Are family meals beneficial?

The physical, moral, and spiritual well-being of every member of the family benefits from having regular mealtimes together. Mealtimes spent together as a family are associated with fewer instances of children disobeying and dishonouring their parents, reduced rates of sadness, and higher-grade point averages and levels of self-esteem. Reading may be the best way to expand a child's vocabulary, but having dinner talks with their family is an even better way to do so. Additionally, the tales that are told at the dinner table help youngsters become more resilient. The fact that regular family mealtimes also cut the rates of obesity and eating problems in children and adolescents is the cherry on top of this already delicious cake. There is a lot more that can be accomplished during mealtimes with the family, which takes only about an hour every day yet has such a powerful impact.

"A Christian family is a group of people who are related to each other through marriage, birth, or adoption and are committed, first and foremost, to the person and work of Jesus Christ, faithfully witnessing to the love, power, and forgiveness of God to a watching world in its unique time and place."

Taken from Derrick G. Jeter, "What is a Christian Family?" in Family Matters: Investing in the Things That Last Bible Companion (Plano, Tex.: IFL Publishing House, 2010), 4-5. Copyright © 2010 Charles R. Swindoll, Inc. All rights reserved worldwide.

Find Time!

In a culture where people eat quickly and don't spend time with each other, Christians are called to break bread and get to know each other.

The best way to get back in touch with God and each other is to talk around the table. These are precious times to learn about your family's lives and hearts.

As Christians, we should know and understand how important family meals are and how the dinner table is a great place to grow closer to God and as a family.

Family mealtimes are a time to nourish your family, prevent problems, enhance your children's cognitive skills, and provide them lifelong delight and excitement.

Scoops of the Quarter!

There is no need to impose rigidity on family mealtimes. These are the kinds of times that can and ought to be remembered fondly forever.

1

Honor the family dinner table. The TV, smartphone, and tablet should be turned off.

2

Advantages!

- One of the most productive learning environments in life is the dinner table with one's family. Children are taught morals, etiquette, and social skills during their formative years. They also learn how to engage with others and provide support for one another.
- In the modern world, children are subjected to a wide variety of stresses, including pressure from their peers, pressure to do well on tests, anxiety of the future, and so on. Children who participate in family mealtimes on a consistent basis can count on support from their parents, which can be of great help to them.



- A simple yet effective practise of gratitude is saying a prayer or blessing before each meal. When we take the time to sit down at a meal, we have the opportunity to take stock of the day, express thankfulness to God, and lay our problems before him.
- The simple act of praying for God's blessing on our meals and dinner is a powerful method to shift the focus that is placed in the centre of our hearts. Always remember to give thanks to God for the food that he has provided for you before each meal. It instils in us the conviction that the Creator, who is deserving of all praise, is the source of all blessings.

Pray!

Conversation Ideas!



- Talk about what you did today.
- Family members can talk about their fears, doubts, and bad experiences.
- Opportunity to care about each other and help each other out.
- Family members can ask and get answers to questions about morals and choices.
- As a close-knit family that wants to help each other grow in the family and in their relationship with God, talking about education, careers, and friends is a very helpful and satisfying thing to do.

