



The Family Meal

a guide for family mealtime discipleship

At Kingdom South, we believe discipleship starts at home.

Our goal is simple: *to help families work the words of Jesus together at home.*

But let's be honest—these things don't happen overnight.

Building a home centered on Jesus takes time. It takes intention. It takes showing up repeatedly, even when life feels messy or busy.

That's why we're introducing *The Family Meal: A Guide to Family Mealtime Discipleship*. It's a simple, practical resource to help your family slow down, gather around the table, and connect with each other and Jesus.

The guides are conversational and designed for kids of multiple ages, so feel free to skip or adapt anything that doesn't fit your family's current season.

We'll be releasing these guides each month during Sabbath Wednesday. We hope they become a rhythm in your home—one meal at a time.

Pastor Sean

START WITH GRATITUDE

Parent/Leader: Alright, before we eat, let's pause for a minute. What's one thing you're thankful for today?

Allow each person to respond.

BLESS THE MEAL

Parent/Leader: God, thank You for this food and for this time together. Help us to enjoy it and to enjoy each other. Amen.

Begin Mealtime

SHARE A CONNECTION QUESTION

Parent/Leader: Here's a question for the table:

only choose one

- What made you laugh or smile today?
- What made you sad or frown today?

Allow each person to respond.

SPEAK A BLESSING

Parent/Leader: Before we finish, let's remind each other of something true.

Ask everyone to repeat this statement together.

Together: We are loved by God, and we are here to love each other.

End with a High-Five or Hug





