

Sarah's Healing Touch *for Women*

10 Reasons Why The Family Meal Table is of Value



1. ***A Place To Feed The Body.*** The table is more than a place to accumulate books and junk. It is more than a place to eat a hurried meal on the run. The table is a feeding place. It is a place where we nurture the physical bodies of our family. It is a place where we also feed their souls and spirits. It is our responsibility as Mothers to provide nutritious meals for our husbands and children. Each meal should take thought and care. We should take time to research the healthiest way for our family. The more unprocessed foods we can give to our family the better. Yes, whole foods take longer to prepare but they are worth the effort. You will reap the reward of a healthy family. You will save loads of money on doctor's fees. Remember- you are not wasting time when you prepare meals day after day. You accomplish many things. You are not just cooking for today. You are passing on a lifestyle to the next generation. You are teaching your children. This is how children learn to cook-by watching you, helping you, and being part of what you are doing.
2. ***A Place To Feed The Soul.*** The table is more than a place to feed hungry tummies. It is a place to feed the soul and mind. The table is synonymous with intimate communion and fellowship. It is a drawing place that gathers us to communicate and dialogue. It is where we speak heart to heart. It is where we sharpen one another's minds. It is the heart and soul of family life. It is God's

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way of keeping us together. Therefore we must not forget this godly tradition. Make your table a 'heart and soul' place. Do not jump up from the table as soon as you have eaten. Take time to talk and communicate. To make this happen you have to take time to think about it during the day. Contemplate what you could talk about.

3. **A Place To Feed The Spirit.** The preparing of the food and eating of the meal together, paves the way for the culmination of the meal -to feed the spirit. As we come to the end of the meal and fellowshiping together, the father of the home opens the Bible and reads God's precious Word to his family. If the father is vacant, the mother can do this, but this important task does belong to the Father. "My husband won't take family devotions" you reply. Do not tell your husband what to do. Most men will do the opposite if you try to order him around. Share this vision with him and ask him what he thinks about it. Put the ball in his court. Then pray. Prayer is your most powerful weapon.
4. **A Place Of Training.** Training for life happens at the table. This is where we teach our children manners, etiquette, how to show respect, how to eat properly and how to communicate cordially with one another. The table is where we train our children to sit still.
Preparing the meal is also where you can train your children how to cook, how to set the table in the proper way and how to clean up. It's where we train them how to work together as they do dishes and clean up after the meal.
5. **A Place Of Teaching.** The table is a marvelous place to teach our children. If you want to teach your children something special, plan it around a family meal table. This way they will remember it.
6. **A Place Of Listening.** There are so many things to be accomplished each day. There are so many extra responsibilities that intrude upon our day. When can we find time to sit down and listen? You've guessed it, of course! The family meal table. Here we can take time to relax, talk, and also listen!
7. **A Place Of Example.** Your children will learn far more by example than by teaching. The habits and atmosphere of your home will affect your children now and for the future far more than actual teaching lessons. When you sit

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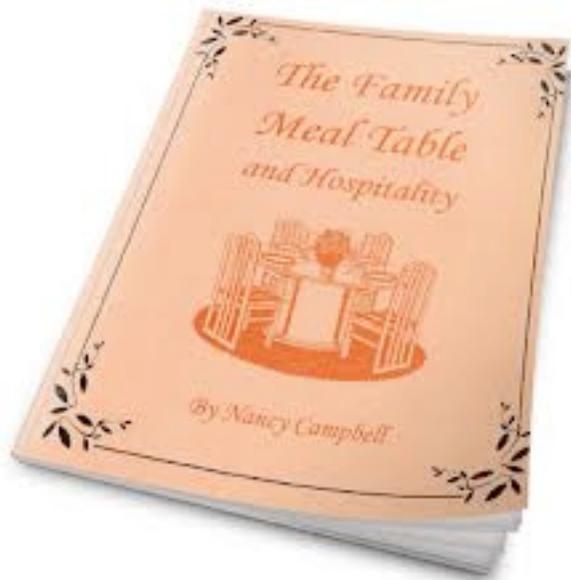
down together as a family at the meal table, you are doing far more than eating a meal. You are showing by example God's way for family mealtime.

8. *A Place Of Enjoyment.* We should look forward to coming to the table, not just because we are hungry, but for the joy of being together. We should be full of anticipation. It should be a time of well-being
9. *A Place Of Togetherness.* The table brings the family together. It is a gathering place. The table is communal. It is not God's intention for people to live alone. It is not His intention for people to eat alone. God planned for us to live and eat together. He sets the solitary ones in families
10. *A Place Of Loving.* We cannot survive without food. We cannot survive without love. They are like hand and glove. One cannot do without the other. To eat food in a home where there is dissention and strife will give you stomach ulcers. On the other hand, you cannot show love without giving food. It is a spontaneous expression of love. Love also takes time. Have you realized this? And sacrifice? It is a sacrifice of our time to prepare a meal and sit together around the table, rather than eat a snack in front of the TV. The preparing, eating, and cleaning up of the meal can often take four or more hours out of my day. But I am encouraged when I remember that love means time. As each member of the family commits to the family table, rather than selfishly doing their own thing, they learn the true meaning of love. They learn that love is not a fuzzy feeling, but a commitment to one another, whether they are in the mood or not.
Do you think you are wasting valuable time cooking for you family? No, dear mother, you are practically expressing your love. And love is NEVER a waste of time!

Heart preparation is even more important than meal preparation!

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All the above wisdom is taken from the book

The Family Meal Table and Hospitality by Nancy Campbell

This is just a small sample of some of the ideas, insight, and encouragement that is offered in this book. I highly suggest getting your own copy! You can order this book on the website www.aboverubies.org or amazon.com

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