



MEALS @HOME

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The Surprising Power of Family Meals!

One of the simplest ways to instill strong faith and values at home is to share meals together in an intentional manner. Studies confirm that kids and teens who eat frequent meals with their families do better in school and avoid risky behaviors.

What Is Meals@Home All About?

Meals@Home is designed to resource families to have fun growing family relationships and discussing their Christian beliefs and values. Accept the challenge by eating at least three meals together per week while eliminating all distractions. Register at www.bellevue.org/meals.

TABLE TALK: GOD'S TIMING

Best Use

As a morning activity and a dinner-time faith talk.

Nutritional Value

Teach your kids to wait on God's perfect timing

Advance Preparation

- You'll need a slow cooker
- Slow cooker suggested recipe:

Ro-Tel Chicken

- Chicken
- 1 can cream of mushroom soup
- 1 can Ro-Tel
- Cooked pasta or rice

Serve It Up

Begin this activity in the morning, at least 6–8 hours before dinner.

- SAY: "Tonight, we're going to enjoy a meal together but we'll have to wait a long time before it will be ready."
- DO: Together, put the chicken, soup, and Ro-Tel in the slow cooker. Turn on LOW and cook for 6–8 hours.
- READ: Psalm 5:3 together: "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."
- SAY: "We can't eat it now, but it will be worth the wait. God's Word says to bring our prayer requests to Him and wait expectantly for Him to answer." You may want to share an answered prayer as an encouraging testimony.
- WAIT UNTIL MEALTIME
- DO: Stir in cooked rice or pasta and serve. Add vegetable or salad if desired.
- READ AT DINNER Psalm 40:1 together: "I waited patiently for the Lord; he turned to me and heard my cry." Share current prayer requests.
- DINNER PRAYER : "Thank you, God, that you are in control and that your timing is perfect. Help us be patient as we wait on You."
- DURING DINNER: While you eat talk with your kids about times in your life that you've had to wait on the Lord. Explain to them the importance of waiting on God's perfect timing. Tell them about what you are waiting for right now from God.