

From the Family Room

23 August, 2015

*Church of Christ at Creekwood
Mobile, AL*

The Dinner Table



"Do this in remembrance of me." I Corinthians 11:25b

Like many of us, I grew up in a family that placed a lot of importance on eating together. Please resist the urge to say "Duh!" to that statement after you look at my girth. I think my grandmothers, mother, Freda's mother, and our aunts believed that food could solve many problems and cure any ill. They were at least partially right. Eating together in our family was very important. It was also a lot of fun with great tasting food!

When we gathered together around the dinner table each night, we got a distinct, living, breathing, talking image of our family. We all knew our seats, our roles, and the procedure. I knew where to sit without asking. I knew that I "asked the blessing" before we ate. I knew that I never left the table after eating without saying, "I enjoyed the meal." Even though it may not have been said verbatim, we knew there was love at that table. The world was tuned out and for 30 minutes or so and the focus was on our family. Maybe our families from earlier generations were on to something. There was a great sense of security around our dinner table.

When we gather around the family dinner table, we are withdrawing from the rest of the world and focusing on just our family. The bond we feel as family is strengthened. Our family is more clearly defined. The result is that the ties that bind us together as a family grow stronger.

Studies today have indicated several valuable impacts family mealtime has for all of us. Included are

- Almost three times more teens who have three or fewer meals together with family per week report a great deal of tension in their family compared to teens who have at least five meals together per week.
- Some studies have shown that mealtime together is the strongest factor in helping children increase achievement scores and reduce behavior problems in school.
- Children who eat with their family are better able to resist negative peer pressure.

We gain many other benefits when we share meals together with family. Andrew Itson will address these on this coming Saturday, August 29, in the Family Forward seminar. Please see the flyers posted around the building for additional information. Please do two things for next weekend as we focus our thoughts and efforts on our family and our friends.

1. Make your plans to be here for the Family Forward seminar on Saturday from 9:00 until 3:00.

Lunch will be provided and the nursery will be attended. Please sign the list if you are coming so we can provide the proper quantity of food and an adequate number of nursery attendants.

2. Bring a family with you. On Sunday we will have a fellowship meal following Sunday morning services and classes, and an afternoon service following the meal. This is a great opportunity to reach out to members of our family and friends who do not attend Creekwood.

In the gospel of John, we read several chapters that reveal that Jesus did much of His teaching with His spiritual family around the supper table. When Jesus instituted the Lord's Supper, He told us to remember Him. In observing this memorial, we as God's family are gathering to remember the most valuable gift we could ever receive given to us by our Father. We are remembering the sacrifice made for us by our big brother – Jesus. We are all bound together more firmly. As we withdraw from the world, our spiritual family here at Creekwood is distinctly defined. There is a great sense of security at this Supper table.

We enjoy many benefits as people who are baptized believers in Jesus Christ. The greatest is being reconciled to God and becoming one of His children. We live in His family, the church. Our lives are changed to live in accordance with the teachings of Jesus. We enjoy more peace in this life. Let's make an effort this week to share this with family and friends by inviting them to attend next week.

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