

Here's an idea to help you continue the conversation at home ...

Plan a meal together

- ★ When will it be?
- ★ What will you eat? (Perhaps everyone could choose one item or one course)
- ★ Who is going to do what? Give everyone a job.

Since this is a house, why not make a drainpipe sundae!

How: Use a piece of guttering (eg, an offcut) and fill it with ice cream and your favourite toppings. Give everyone a spoon and get stuck in.

Here are some things you can talk about

Choose a few topics from each category (or better still, have lots of meals together and work your way through them all!)

Love God

'One hundred years from now, the only thing that will matter is your relationship with God.' Reggie Joiner

- 1 Every family has a way of doing things – the everyday routines, holidays and special occasions. How can we include God in our everyday lives?
 - ★ At the start of our day
 - ★ At meal times
 - ★ As we travel
 - ★ At bed time
 - ★ In between
 - ★ On holiday
 - ★ On special occasions
 - ★ When we're worried or scared
- 2 How can we help each other grow as followers of Jesus?
- 3 What can we do to help another family find out about Jesus?

Family Values

When you notice family members being like Jesus, tell them!

- 1 Family can be the easiest and hardest place to be like Jesus.
 - ★ In what ways is it the easiest?
 - ★ In what ways is it the hardest?
- 2 When friends visit, what would we like them to notice about our family?
- 3 How would we rate ourselves on the following: (1 = not yet, 2 = sometimes, 3 = often, 4 = that's us!)
 - ★ Helping out
 - ★ Talking nicely
 - ★ Sharing our feelings
 - ★ Looking out for each other
 - ★ Spending time together
 - ★ Having fun together

Stay Connected

Research has shown that families who eat together five or more times a week have better nutrition, the kids do better at school, are less likely to take drugs, develop better language skills (and have great shared memories).

- 1 How well do we know each other? Have a competition to see how well you know each other's:
 - ★ favourite colour
 - ★ favourite movie
 - ★ dream car
 - ★ hero/heroine
 - ★ biggest regret
 - ★ favourite Bible character or verse
- 2 What can we do to ensure we eat together regularly?
- 3 What do we like doing together as a family?
- 4 Organise a family outing. Make sure that everyone gets a chance to contribute.

Love Others

Two billion people live on less than \$2 per day ...

- 1 Challenge: could we live on less than \$2 each for one day? (like 2 billion others):
 - ★ don't use your car – walk or ride a bike
 - ★ use water from an outside tap
 - ★ sleep on the floor (or outside)
 - ★ spend less than \$2 on food
- 2 What can we do for people in our neighbourhood?
- 3 What can we do for people overseas? (e.g. sponsor a child, find out about Fair Trade, give a Gift of Hope, have a garage sale or give things away, get involved with Operation Christmas Child).