



Enjoy Mindful Mealtimes

So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Corinthians 10:31

1. Set a meal time that works for everyone or most everyone.
2. Turn off the TV and electronic devices until mealtime is over.
3. Share in the preparation of the meal and setting of the table.
4. When sitting down and before eating look at the food on the table and talk about how that food, from start to finish came to your table.
5. Encourage one another to talk and listen to one another about the day. No making fun of or judgment is allowed. Encourage everyone to share how they would appreciate a prayer.

How do you think these suggestions will work with your family or friends?

What part will be the most challenging? How might you be able to overcome the challenges?



Scripture Verse

Mark 6:30-34

The apostles returned to Jesus and told him everything they had done and taught. Many people were coming and going, so there was no time to eat. He said to the apostles, "Come by yourselves to a secluded place and rest for a while." They departed in a boat by themselves for a deserted place.

Many people saw them leaving and recognized them, so they ran ahead from all the cities and arrived before them. When Jesus arrived and saw a large crowd, he had compassion on them because they were like sheep without a shepherd. Then he began to teach them many things.



Expect the Unexpected

“Don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

Mathew 6:34

The unexpected will happen so why not just say it up front. Let everyone know there is no perfect vacation.

When the unexpected does happen see it as a teaching moment. Smile and say, “Well, I knew something like this was going to happen. What can I learn from this?”

What is my greatest fear about having to face the unexpected?

Pray the serenity prayer : Lord, help me to accept the things I cannot change ; courage to change the things I can; and wisdom to know the difference. Amen.”

Begin with Gratitude

“From sunrise to sunset, let the LORD’s name be praised!”

Psalm 113:3



People who regularly practice gratitude feel more alive, sleep better, express more compassion and kindness to self and others and have stronger immune systems.

Name three things for which you are grateful

- 1.
- 2.
- 3.

Can you commit to doing this practice everyday?



Unplug for a while

“Come by yourselves to a secluded place and rest for a while.”

Mark 6:31

How might being plugged in keep me from being present to others on vacation?

What fears do I have about unplugging?

Here is how I am willing to commit to being unplugged while on vacation....

Take timeout for Play

“Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven.”

Matthew 18:2b



The practice of setting aside regular times for play fuels our imaginations, boosts our creativity and problem solving abilities and enhances our emotional well-being and can even make our work more pleasurable and productive

Name three things you truly enjoy doing for fun.

- 1.
- 2.
- 3.

Which of these can you do on vacation?