

7 Tweaks *to bring* Peace *to your* Table



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Before anything else, begin with a change in thinking to put your soul and body at rest.

Drastic lifestyle change doesn't stick in the frenzy. But small diet edits can.

When we find a moment's Peace in the midst, it makes change possible.

Start with one of the following ways to nurture the rest and restoration, that our soul craves, and that intentional mealtimes provide:

1

Rest in Him and ask for a new approach to eating that is customized for you. God created you intricately unique and He has a solution and path for only you. Ask Him to reveal each achievable step.

2

Rest in Him and ask for a new approach to providing nourishment for your family. God chose you to be the mom, knowing that He created you to be exactly what your family needs. And He has a solution and path that is customized for your family table. Ask Him to reveal it to you one meal at a time.

3

Decide to look at food in a new way. What can the food in front of you do for you? Rather than, what it does to you. If we orient ourselves to look for the benefits of food, rather than the negative aspects, we can build on the positive and desire more of it.

4

Before the first bite, start with a prayer of thanks. No matter how small the meal/snack or how short the prayer.

5

Sit down when you eat. Not in the car, but at your table. Even if it is only a minute more than yesterday. There is something that triggers us to be more mindful when we eat at the table. Leave your stools at the counter for snacks, to avoid the dine-and-dash mindset at mealtime.

6

Protect your eating opportunity. Bring scripture to the table. Start with one of these ideas:

- Subscribe to a verse of the day on your favorite Bible App to read aloud at breakfast
- Listen to worship music while you eat lunch instead of scrolling
- Read a short devotion together at your evening meal
- Take turns reading through a book of the Bible at the meal you are most likely going to be together

7

Shield your table from unrest: put phones on their chargers, on silent, out of reach. Tell Alexa to turn off the TV. Seek and cultivate a pause from imposed 'noise' when eating (this doesn't include in-person humans!). And watch relationships build. Memories crystalize. Through conversation, spilled milk and traditions in the making.



Bonus

Re-read #7 and sit with the thought of how much more mind space for connection this one habit will create.

We need to push back to have peace at our table. And protect it, by allowing Peace itself to pull up a chair and dine with us.

Need help? I'm here and I've been there. Still visit that space, actually.

Come take a seat at my table. There is always room for one more. The bananas got too ripe again, so this time, I'm offering banana bread alongside a mismatched mug of your choice. I want to whisper words of encouragement . As a Mom who has to rely on Jesus, every day. And as a Dietitian with years of experience counseling families.

Let's bring Peace and find authentic connection as we nourish both body and soul at the table. Together.



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