

LEARNER TAKE-HOME SHEET: TAKE AND EAT



Take this sheet home and keep it someplace near the dinner table like on the fridge. At least three times next week at dinner, use Prayer Time and one other family activity to make your confirmation learning come alive!

PRAYER TIME

Invite God into your presence by celebrating and lifting up the people and circumstances that dwell deep in your heart this week. Pray this prayer together:

Bread of life, you have fed us with what we need for eternal life. Help us to bring to those who suffer hunger, homelessness, and hopelessness some measure of your healing love. Grant that we may be instruments of your will and witnesses to your grace. We ask this in your holy name. Amen

TALK TIME

Read and reflect on the verses above and talk about the questions below:

- Who buys the groceries at home? Who prepares the meals? How do you decide in your family what you're going to eat for meals?
- Make a list of things that are not very good for you that you eat during a week. How much would you guess you spend as a family on these items a week? A month? A year?
- What would happen if you took just one-fourth of the money your family spends on "junk food" and sent it to an organization like Lutheran World Relief?



KEY WORDS

Keep a family white board someplace near the dinner table, and write these words on it. Try writing a family definition for each one during the week.

**BREAD AND WINE
BODY AND BLOOD
SACRAMENT**

May I recommend a hearty full bodied Communal wine.



WEB TIME

The Website for Lutheran World Relief (www.lwr.org) contains many opportunities for mission and ministry. Gather around the family computer and see if you can find a program that you as a family could support, then make a family commitment to do it!

RITUAL TIME

Have the youngest person in the family place a candle on the table while the eldest lights the flame. Open your copy of *The Lutheran Handbook* and pray the table blessing found in the "Blessings at Meals" section (page 226) at every meal you share this week.