



Why Eat Together as a Family?

By Jessica Menendez

- How did you grow up? Did your family eat dinner at a table together?
- Which benefit of eating together do you like best? Do any of the benefits surprise you?
- What kind of meal can you imagine trying first?

Bonus Questions

- When might you try eating together as a family if you haven't done so in a while?
- What is the first question you'd like to ask the "family"?
- If you are in a program, what value is there in connecting with the other women during meals?

Reach UP to God:

Prepare a special prayer for a meal together.

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