



# WORSHIP

REMEMBER | WONDER | ADORE

FOCUS ON GOD

## FAMILY/GROUP CONVERSATION TIPS

### Before you begin a family or group conversation . . . READ THIS!

The purpose for table conversations is to have a useful guide to begin conversation around each practice. These conversations might be used in a variety of settings: at church during worship; at home around the dinner table; in the car; in Sunday School classes; at camp. Where will you use these table conversations?

### Come up with a routine phrase (jingle or mantra) to begin your conversation

You could recite the fruit of the spirit, borrow from the Book of Belonging and say, “our family/group belongs to God, we are loved by God, and we are delightful to God”\*, or come up with your own phrase about your family/group and why you’re taking this special time to talk.

### Make Table Time Special

Do something special that’s just for conversation time:

- Keep a *Conversation Candle*\* on your table all the time and take turns lighting it when you have family or group table conversations.
- Or maybe have a *Conversation Blanket*\* just for cuddling up on the couch for family conversation time.
- Create a special *Conversation Dessert*\* to make the time special (literally a can of whipping cream and some sprinkles will work!)

### Set Some Structure

Come up with your own set of easy rules (it can help to do this together, not just parent or adult rules!) It can be as simple as: No phones! No work! Everybody gets a chance to talk! Keep it fun! Maybe add a penalty for breaking a rule (that counts for adults as well as kids.)

### Let It Be . . .

- Let it be simple. Let it feel ridiculous. Let it feel like you’re getting away with something. So many of us were taught to believe that if it wasn’t uncomfortable, guilt-inducing or boring, it couldn’t possibly hold spiritual value or be considered Sabbath.
- Let it feel like a special designated time for rest and family warmth, in a lovely and meaningful in a way you can’t anticipate.
- If your brain isn’t cooperating, try a trial run. Commit to four weeks and see if you feel more connected to God, yourself and one another.

\*[thebookofbelonging.substack.com](http://thebookofbelonging.substack.com)