

FAMILY TABLE TALK

WEEK OF SEPTEMBER 13TH



Once your family is seated at the table and eating, go through each section below together.

HIGH LOW BUFFALO

Take turns around the table to share your **HIGH** from the day (the best thing that happened), your **LOW** from the day (something that made you upset), and **SOMETHING RANDOM** from your day that you'd like to share.

This week, have the **TALLEST** person in your family go first.

LESSON RECAP

This week, your kids heard about the time Jesus visited Mary and Martha's home. Martha was too busy making sure Jesus felt welcome that she missed spending time with Jesus like her sister Mary did. Spending time with Jesus is one way we grow closer to Him, and sometimes we need to be reminded about what matters most, just like Martha did, and realign our priorities.

THE BIG IDEA: We can spend time with God.
THE BIBLE: Mary & Martha (Luke 10:38-42; Col. 4:2)

ASK THIS

- What's one thing that distracts you from spending time with God?
- What's one way you could spend more time with God this week?

NOW WHAT?

Encourage one another to spend time with God this week or do it together as a family, whether it is reading the Bible, singing praise songs or praying to Him!