

## **Keeping The Family Together**

Text: 1Tim 4:4-5

“For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.”(NIV)

One of the best places to start keeping the family together is at meal time. We can use the occasion to give God thanks for the many blessings we have received.

Many folks today would say that their families are their number one priority and yet they spend very little time with them.

A Statistics Canada report said “on average, workers spent 45 minutes less with their family during workdays in 2005 than they did two decades earlier.

Based on a 260-day work year, that amounts to 195 hours less, or the equivalent of about five 40-hour work weeks.”

We live in a society where preference is given to our careers, friends, even our personal hobbies. As a result, our kids are left to be nurtured by movies, video games and the internet.

Gone are the days when many families would gather around the dinner table and talk about the day’s activities or events.

Meal time together in some homes is having Dad in front of the TV with his meal watching sports , Mom on the phone at the kitchen counter with her meal talking to her best friend and the Kids are in the basement playing Xbox and eating their meals

It is easy to forget that our children are not going to be young forever. After a certain age they will become less interested in spending time with the family and would prefer to hang with their friends.

As parents let’s do whatever it takes to keep our families together.