



# The Family Table

## COMPANION REFLECTION FOR *MADE FOR LOVE: EPISODE 5, THE FAMILY TABLE*

### **Opening Prayer:**

Dear God our Father, you have called all Christian families to be a sign of your love to the world. Help us to be generous with the gifts of life and love that you have showered on our family. May we share them so that our homes become true signs of unitive and fruitful love.

Let us never forget to thank you each day for all that sustains us and to look to Christ, who comes to us in the events of family life, in the sacraments of the Church, and in service to the poor.

In all of this, our family becomes a living expression of your Church, a hallowed home of life and love. By the power of the Holy Spirit, may all of us—spouses, parents, and children—share, as members of his Body, in Jesus’ mission to build a civilization of love. Father, we ask this in Jesus’ name in union with the Holy Spirit. Amen.

— A Prayer for Family Commitment

### **Listen:**



In *Made for Love: Episode 5, The Family Table*, host, Sara Perla, takes the listener through a series of stories about building faith and friendship around the dinner (or breakfast) table.

Find the program at [www.marriageuniqueforareason.org/podcast](http://www.marriageuniqueforareason.org/podcast).

As you listen to the episode, write down anything that strikes you from the various stories about other people’s dinner tables.

### **Reflect:**

Does your family make quiet time for each other around the table? Does this happen every day, once a week, or once a month?

What challenges stand in the way of sharing a meal together as a family?

Did any of the stories in the podcast inspire you to change your family’s habits?



*This reflection was created as a companion piece to Made for Love: Episode 5, The Family Table, an initiative of the USCCB’s Marriage Unique for a Reason.*

Find this podcast and more at [www.marriageuniqueforareason.org/podcast](http://www.marriageuniqueforareason.org/podcast).

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