

I CAN HELP! BEFORE

- Wash my hands
- Help set the table
- Turn TV off
- Ask what I can do to help

AFTER

- Help clear the table
- Wipe the table
- Help clean dishes
- Thank the cook!

PRAY TOGETHER

“Every good and perfect gift is from God...” (James 1:17). Take time to pray together before your meal. Thank you God for...

HIGH/LOW GAME

Take time for each member of your family to share their high (best thing) for the day and their low (hardest or worst thing) for the day.
My high today is...
My low today is...



**MEALS
TOGETHER**

SNAP A FAMILY SELFIE

and share it at
oakhillschurch.com/mealstogether
for a chance to win!