

EPISODE: 472

TITLE: **Mealtime Mission: Cultivating Discipleship in Family Rhythms**

Everyone I know feels maxed out on their schedules with the commitments they already have. Yet we are all living with a rhythm that provides one of the most valuable and recurring opportunities for discipleship in our families...

Here are three key things to believe and consider about your family dinners:

1. **God has given us built-in rhythms of life—like eating meals together—that are a perfect opportunity for discipleship.** Take full advantage of this reality and start to engage your meal times with new eyes and perspectives. Don't let the routine of busyness or laziness keep you from creating lasting memories and a legacy you can pass on to your kids and others.
2. **Celebration and our family life is important to God.** The way we interact and love one another is one of the strongest pictures of the gospel and the Father's love for his children we have been given. It is also a perfect way to begin to share God's love and what life is like in his Family with others.
3. **Start by picking one meal per week that you can bring greater intentionality to.** Agree that these times will not be about problem solving or discipline. Go after the heart and a deeper relational connection. Make sure everyone has a role and participates. Have lots of fun and laughter! Make these special dinner nights a time where "grace" is the watchword for all that you do and experience together.

If you are interested in being in coaching and mentorship with Caesar, and his wife Tina, to learn a lifestyle of discipleship and mission, new cohorts are beginning soon. Start experiencing greater spiritual freedom and relational peace today!

Check out: everydaydisciple.com/coaching

Thanks for listening... we'll see you in the next episode!

~Caesar