

#### 4 REASONS to OBSERVE DAILY MEALS TOGETHER:

1. You can see the whites of their eyes
2. *“When you sit down”* it gives you teachable moments together.
3. It develops a community of memories; *“remember when....”*
4. It encourages an atmosphere of trust in the home.

**DORALD:** *“We mistake good kids for Godly kids”*

**To raise Godly kids takes great courage. “As for me and my house, we will serve the Lord....”**

#### LIVING THE GOOD LIFE – Part 5

Setting aside: *HOLIDAYS - “HOLYDAYS”*

**Joshua 1:6-9 (NIV)** <sup>6</sup>*“Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. <sup>7</sup>Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. <sup>8</sup>Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup>Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.”*

**Joshua 24:15:** *“But as for me and my household, we will serve the LORD”*

- It takes great courage to say “as for me and my household, we will serve the LORD”.... It takes courage to set aside HOLYDAYS for the LORD.

**MOVIE:** “Courageous” 4 men of resolve who established 12 Moral Resolutions to guide their families by.

**Leviticus 23 - Feasts the LORD gave to Israel to observe:**

- Given to them by the **heart of the FATHER**
- Given to **strengthen their families** and community
- Given to them to pass on to **all generations**
- Given as a **command** and must be observed.

**Deuteronomy 6:1-10 (NASB95)** <sup>1</sup>“Now this is the commandment, the statutes and the judgments which the LORD your God has commanded *me* to teach you, that you might do *them* in the land where you are going over to possess it, <sup>2</sup>so that you and your son and your grandson might fear the LORD your God, to keep all His statutes and His commandments which I command you, all the days of your life, and that your days may be prolonged. <sup>3</sup>“O Israel, you should listen and be **careful to do it**, that it may be well with you and that you may multiply greatly, just as the LORD, the God of your fathers, has promised you, *in* a land flowing with milk and honey. <sup>4</sup>“Hear, O Israel! The LORD is our God, the LORD is one! <sup>5</sup>“You shall love the LORD your God with all your heart and with all your soul and with all your might. <sup>6</sup>“These words, which I am commanding you today, shall be on your heart. <sup>7</sup>“You shall **teach them diligently** to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. <sup>8</sup>“You shall bind them as a sign on your hand and they shall be as frontals on your forehead. <sup>9</sup>“You shall write them on the doorposts of your house and on your gates. <sup>10</sup>“Then it shall come about when the LORD your God brings you into the land which He swore to your fathers, Abraham, Isaac and Jacob, to give you, great and splendid cities which you did not build,

**“TEACH THEM DILIGENTLY”**: Hebrew “*sanan*”- to *sharpen*

**Psalms 127 (NASB95)** <sup>1</sup>A Song of Ascents, of Solomon. Unless the LORD builds the house, They labor in vain who build it; Unless the LORD guards the city, The watchman keeps awake in vain. <sup>2</sup>It is vain for you to rise up early, To retire late, To eat the bread of painful labors; For He gives to His beloved *even in his* sleep. <sup>3</sup>Behold, children are a gift of the LORD, The fruit of the womb is a reward. <sup>4</sup>**Like arrows in the hand of a warrior**, So are the children of one’s youth. <sup>5</sup>How blessed is the man whose quiver is full of

them; They will not be ashamed When they speak with their enemies in the gate.

### **Feasts: “Roots, Feasts, Fruits”**

- **Roots:** Romans 9:4-5, Romans 11:17-22, Romans 9:24-26, Romans 11:11
- **Feasts:** Ps. 89:14: amplified, Deut. 16:16-17, Lev. 23:1-2
- **Fruits:** Deut. 6:1-9, Joshua 1:5-9, Ps. 78:2-7, Romans 8:14-17; 3 John 2-4

**IMPORTANCE Of “Sitting around the table” and breaking bread together:**

- **National Longitudinal Study on Adolescent Health**, which is the largest longitudinal study ever done on adolescents. This study has some amazing statistics. Of twelve to fourteen year olds who don’t experience family dinners at least five days a week, **14 percent** report drinking more than once a month. That’s kids twelve to fourteen. But for those who have family dinners, it’s cut to *7 percent*! Also, **27 percent** of twelve to fourteen year olds who *don’t* have regular family dinners say they think about suicide, compared with only *8 percent* of those who do eat with their families. Among seventeen to nineteen year olds, **68 percent** without the influence of family dinners have had sex, versus 49 percent of those who have had family dinners.