

FAITH PATH RECIPE CARD

Memory Minute

BEST USE

As a meal time discussion with children age three through adult

NUTRITIONAL VALUE

Gives children a strong sense of family connection and identity

PREPARATION

Bring the following to the dinner table.

- Some favorite pictures from past family events - such as a vacation, birth, special celebration, or just fun moments from daily life
- A watch or clock with a second hand
- A Bible

SERVE IT UP

Follow these steps to serve up a great experience.

- Bring a stack of 5-10 pictures from your photo album, box or digital printer to the meal table.
- Give each child at least one photo to hold up when their time arrives.
- Read Psalm 103:2 which reminds us to bless the Lord for the “benefits” he gives, including the tremendous joy of being part of this family.
- One at a time, have each child hold up their photo and give the other family members sixty seconds to shout out as much about the pictured scene as they can recall or guess.
- Now take the picture from the child and tell the story as you remember it - taking special care to affirm the joy and uniqueness of each person pictured by giving a detail about them. For example...
 - * “I remember this was the vacation where Troy created his first sand castle - and was so disappointed the next morning to discover the tide had flattened it during the night.”
 - * “I remember how proud we were of Nicole when she walked up to the front of the class to receive this award.”
 - * “I remember how exciting it was to bring little Christopher home from the hospital and have Grandma and Grandpa taking pictures of our new blessing!”
- Take a moment to pray a brief prayer of thanks to God for the “benefits” that come with being part of a family that loves the Lord and one another.