

# 40-DAY MEAL CHALLENGE

## HOW IT WORKS

- Share 5 meaningful mealtimes with the ones you love, each week for 40 days.
- Plan 3 meals with someone outside your circle during the 40-day period.
- Host or Co-Host a “Community Table” meal at the conclusion of 40 days with your neighbors.

## SUGGESTED TIMELINE

### Days 1-10

- Get started having 5 meaningful mealtimes with those in your household or those you know.
- Pray about who God puts on your heart to share 3 “outside your circle” meals.

### Days 11-30

- Continue having 5 meaningful meals/week.
- Plan 3 meals with someone outside your circle. Meet with them to share a bite out or invite them to one of the meals you’re already doing as a part of the challenge. (*Consider using the Conversations Cards available at [RestoretheTable.com](http://RestoretheTable.com)*)
- Make plans for the location and food for your **Community Table** at the conclusion of 40 days.
- Send out invitations to your neighbors for the Community Table event. (*Sample invitation notes available at [RestoretheTable.com](http://RestoretheTable.com)*)

### Days 31-40

- Continue having 5 meaningful meals/week. Consider making this the “new” normal in your life.
- Remind your neighbors about the Community Table opportunity, and pray for God to use the meal as an opportunity for others to know the love of Jesus!

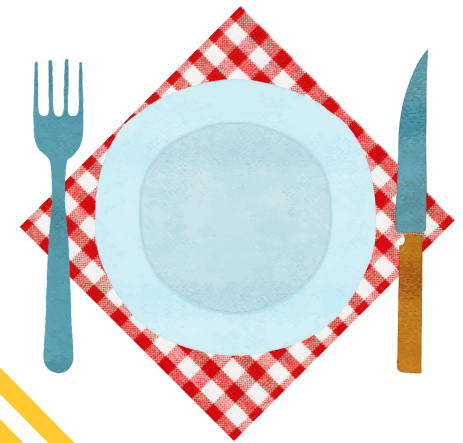
SCAN FOR  
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RESOURCES



# RESTORE THE TABLE

CHANGE THE WORLD FROM YOUR KITCHEN TABLE

*Encouraging families to eat together and to invite others in to create transformational change.*



## 40-DAY MEAL CHALLENGE

**Participate and rediscover the power of intentional mealtimes.**

[RestoretheTable.com](http://RestoretheTable.com)



# CONGRATULATIONS

## ON YOUR PARTICIPATION IN RESTORE THE TABLE!

Evidence suggests that attention to meaningful meals will build new habits, open new doors, and grow deeper relationships in your family and your life.



## THE COMPONENTS OF A MEANINGFUL MEALTIME

### 1 MEANINGFUL MEALTIMES ARE SCHEDULED

Intentionally spending time with others around the table rarely happens by accident. Get out your calendar, make a plan, and stick with it. You can do this!

If you live alone, this is still for you! Find others around you who would benefit from these shared mealtimes and invite them to join you in the challenge. Likewise, if you eat often with those in your household, consider inviting someone who lives alone to join your table during the challenge.

### 2 MEANINGFUL MEALTIMES ARE SPECIAL

Don't mistake the word "special" for "formal," and get intimidated by the challenge. Most of us eat several times a day. Just share those meals with others! They could be at home or at a restaurant, fast food or slow food, and they could be breakfast, lunch, or dinner.

To make meaningful mealtimes special, the most important task is **turning off the distractions**. Put the mobile devices away, turn off the TV, and enjoy the conversation!

For meals you share with people outside your circle, you can make them special by asking the person to share a part of their own story. No other agenda is really necessary. Getting to know one another will be a gift to both of you!

### 3 MEANINGFUL MEALTIMES ARE SPIRITUAL

You'll be surprised how this component will happen naturally if you'll pay attention to the other two! There doesn't have to be any sort of lesson taught in order for the time to be spiritual. Begin with a prayer for one another and engage in conversation that expresses your awareness of God's goodness and presence.

Take advantage of the Conversation Starters at **RestoretheTable.com** to help get the words flowing!