

## Legacy of Blessings

We are encouraging families to come together weekly for prayer and a meal. You and your whole family will be greatly blessed. Although many already have a meal together weekly, we are now asking you to add on this powerful dynamic - prayer.

### How To Pray Weekly With Your Family

1. Set aside at least one special day a week that you will pray and eat together as a family. For many families, the Sunday dinner is a time when everyone can come together. Jewish families have celebrated their weekly family meal on Friday evening for thousands of years. They call it their “Sabbath.” It has been the “secret to their success” for thousands of years.
2. Turn off the television and other electronic devices during the family meal.
3. Call the family together. This is one of the hardest things to do if you have never done this before. Nonetheless, your family will appreciate it years from now. Encourage everyone lovingly and patiently.
4. Start the meal with a simple blessing for every person in the family. This is best done by the father. It is a father’s prayer of blessing for every person in his family starting with his wife and the mother of the home. Then it proceeds to every person. Don’t take a long time. Keep it simple. You can say, “I bless (name).” Next person: “I bless (name).”
5. Ask for God’s presence to enter into your family gatherings as you gather for feasting and prayer. This is often done by the wife and mother of the family. Mother says: “Lord, I invite your presence and light to fill this time.”

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6. Enjoy your meal together. Talk about the day. Talk about the past week. Listen to each other. Laugh. You will be setting down a huge wealth of blessings for your children in the years to come.
7. During or after the meal, set aside a time where people can share about what are their needs so that the others can pray for them. This may also be a time for family members to make things “pono” with each other, i.e. to make things right. Use it as a time to ask for forgiveness of one another as it is needed. End the time by praying for each need.
8. Don't make this last a long time. Keep the prayers short. Keep them simple. For example, if Johnny needs prayer for his coming math test in school, someone can pray something like the following: “Dear Father, please help Johnny with his math test this week. Help him to study hard and to do well in it. Amen.”
9. Later on, as everyone becomes more accustomed to prayer, ask the Lord privately, “Dear Father, how do you want me to pray for Johnny?” Then wait for the Lords answer to you. He will show you how to pray for Johnny.
10. Watch how God answers prayer. You will all be greatly blessed.
11. Persevere. It may be difficult at first. There may be lots of distractions. Some may not want it. Some may feel awkward about it. Babies my cry. Water may spill. Accidents. In spite of these challenges hang in there.

*“Be on guard. Stand firm in the faith.  
Be courageous. Be strong.  
And do everything with love.”*

1 Corinthians 16:13. 14

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