

Family Dinner Devotions *10*

Bible conversations for the table

The dinner table may be the best place for family devotions: everyone is already sitting down. These ten family dinner devotions are all about meals in the Bible, from manna in the desert and the widow's flour jar to Jesus as a guest in Zacchaeus's home, breaking bread at Emmaus and cooking breakfast on the beach.

Each one takes about ten minutes, between the main course and dessert. Read the verses, read the short talk, then let the questions start a conversation, with something for little ones and something for adults. The activity is usually something you do right there at the table, and the prayer can be your grace.

DAY 1

Our daily bread

READ

So then, this is how you should pray: 'Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'

— Matthew 6:9-13 (BSB)

TALK

When Jesus taught His disciples to pray, He included a line about food: "Give us this day our daily bread." God cares about ordinary things like dinner. Asking for daily bread reminds us that everything on this table comes from Him, one day at a time. It also reminds us that we can talk to God every day about everything.

ASK

- What does Jesus teach us to ask for in verse 11?
- Why do you think Jesus says daily bread, not bread for a whole year?

- What else do you want to ask God for today?

DO

Pray the Lord's Prayer together before you eat. Little ones can repeat it after a parent, one line at a time.

PRAY

Our Father in heaven, thank You for our daily bread. Thank You for this food and for each person at this table. Amen.

DAY 2

Bread from heaven

READ

That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. When the layer of dew had evaporated, there were thin flakes on the desert floor, as fine as frost on the ground. When the Israelites saw it, they asked one another, "What is it?" For they did not know what it was. So Moses told them, "It is the bread that the LORD has given you to eat. This is what the LORD has commanded: 'Each one is to gather as much as he needs. You may take an omer for each person in your tent.'" So the Israelites did this. Some gathered more, and some less. When they measured it by the omer, he who gathered much had no excess, and he who gathered little had no shortfall. Each one gathered as much as he needed to eat.

— Exodus 16:13-18 (BSB)

TALK

In the desert, God's people were hungry and grumbling. So God sent quail in the evening and, in the morning, thin flakes on the ground. The people asked one another what it was. Moses said, "It is the bread that the LORD has given you to eat." Each family gathered as much as it needed, and no one had too little. For forty years God fed them, one day at a time.

ASK

- What did God send in the evening and in the morning (vv. 13-14)?
- How much did each family gather (v. 18)?
- How has God given our family what we need?

DO

Go around the table: each person names one thing God provided for them today, big or small.

PRAY

LORD, You fed Your people in the desert, and You feed us today. Thank You for giving us what we need. Amen.

DAY 3

The jar that did not run out

READ

But she replied, “As surely as the LORD your God lives, I have no bread—only a handful of flour in a jar and a little oil in a jug. Look, I am gathering a couple of sticks to take home and prepare a meal for myself and my son, so that we may eat it and die.” “Do not be afraid,” Elijah said to her. “Go and do as you have said. But first make me a small cake of bread from what you have, and bring it out to me. Afterward, make some for yourself and your son, for this is what the LORD, the God of Israel, says: ‘The jar of flour will not be exhausted and the jug of oil will not run dry until the day the LORD sends rain upon the face of the earth.’” So she went and did according to the word of Elijah, and there was food every day for Elijah and the woman and her household. The jar of flour was not exhausted and the jug of oil did not run dry, according to the word that the LORD had spoken through Elijah.

— 1 Kings 17:12-16 (BSB)

TALK

During a long drought, a poor widow had only a handful of flour and a little oil left. She was about to make one last meal for herself and her son. God’s prophet Elijah asked her to make him a small cake first, and promised that her flour and oil would not run out. She trusted God and shared. Day after day, the jar of flour was not used up and the jug of oil did not run dry.

ASK

- How much food did the widow have left (v. 12)?
- What did Elijah ask her to do first (v. 13)?
- Why is it hard to share when we have only a little?

DO

Plan to bring a meal to a neighbor or friend who needs help this week. Decide tonight who and when.

PRAY

Lord, You took care of the widow when she trusted You. Help us trust You and share, even when we have only a little. Amen.

DAY 4

The eyes of all look to You

READ

The eyes of all look to You, and You give them their food in season. You open Your hand and satisfy the desire of every living thing.

— Psalm 145:15-16 (BSB)

TALK

David wrote that every creature looks to God for food: “The eyes of all look to You, and You give them their food in season.” Birds, fish, cows, lions and people all depend on Him. He opens His hand and satisfies every living thing. Martin Luther suggested these verses as a prayer before meals, and many families still pray them today.

ASK

- Who does every creature look to for food?
- What does God do with His hand (v. 16)?
- Which animal would you like to thank God for feeding?

DO

Learn verses 15–16 as your table prayer. Say them together before meals all week.

PRAY

Lord, the eyes of all look to You, and You give us our food. Thank You for opening Your hand to us. Amen.

DAY 5

The bread of life

READ

Jesus said to them, “Truly, truly, I tell you, it was not Moses who gave you the bread from heaven, but it is My Father who gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world.” “Sir,” they said, “give us this bread at all times.” Jesus answered, “I am the bread of life. Whoever comes to Me will never hunger, and whoever believes in Me will never thirst.

— John 6:32-35 (BSB)

TALK

The day after Jesus fed five thousand people, the crowd came looking for more bread. Jesus told them about a better bread: “I am the bread of life. Whoever comes to Me will never hunger.” Food fills our stomachs for a few hours, and then we are hungry again. Jesus satisfies our hearts forever. We need dinner every day, and we need Jesus even more.

ASK

- What did Jesus call Himself (v. 35)?
- How long does a meal keep you full? How long does Jesus satisfy?
- How can we come to Jesus every day?

DO

Pass a loaf or a roll around the table. As each person tears off a piece, they say one thing Jesus gives that food cannot.

PRAY

Lord Jesus, You are the bread of life. Thank You for this food, and thank You even more that You satisfy our hearts. Amen.

DAY 6

Martha and Mary

READ

As they traveled along, Jesus entered a village where a woman named Martha welcomed Him into her home. She had a sister named Mary, who sat at the Lord’s feet listening to His message. But Martha was distracted by all the preparations to be made. She came to Jesus and said, “Lord, do You not care that my sister has left me to serve alone? Tell her to help me!” “Martha, Martha,” the Lord replied, “you are worried and upset about many things. But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her.”

– Luke 10:38-42 (BSB)

TALK

Martha welcomed Jesus into her home and got busy making the meal. Her sister Mary sat at Jesus’ feet, listening to Him. Martha was upset and asked Jesus to tell Mary to help. Jesus answered gently, “you are worried and upset about many things.” Mary had chosen what mattered most: being with Jesus. Meals are good, but time with Jesus is better.

ASK

- What was Martha doing? What was Mary doing?
- What did Jesus say Mary had chosen (v. 42)?
- What distracts our family from time with Jesus?

DO

Everyone helps with dinner and cleanup tonight so that no one is left alone in the kitchen. Then take five unhurried minutes at the table to read and pray.

PRAY

Lord Jesus, we are often busy and worried about many things. Help us choose the good portion and spend time with You. Amen.

DAY 7

Jesus at Zacchaeus's house

READ

Then Jesus entered Jericho and was passing through. And there was a man named Zacchaeus, a chief tax collector, who was very wealthy. He was trying to see who Jesus was, but could not see over the crowd because he was small in stature. So he ran on ahead and climbed a sycamore tree to see Him, since Jesus was about to pass that way. When Jesus came to that place, He looked up and said, "Zacchaeus, hurry down, for I must stay at your house today." So Zacchaeus hurried down and welcomed Him joyfully. And all who saw this began to grumble, saying, "He has gone to be the guest of a sinful man!" But Zacchaeus stood up and said to the Lord, "Look, Lord, half of my possessions I give to the poor, and if I have cheated anyone, I will repay it fourfold."

— Luke 19:1-8 (BSB)

TALK

Zacchaeus was a rich chief tax collector, and people called him a sinner. He climbed a tree to see Jesus. Jesus stopped, looked up and said, "Zacchaeus, hurry down, for I must stay at your house today." People grumbled, but Jesus went to be his guest. That visit changed Zacchaeus. He promised to give half of what he owned to the poor and to pay back four times over anyone he had cheated.

ASK

- Why did Zacchaeus climb a tree?
- What did Jesus say to him (v. 5)?

- Who could our family invite to share a meal?

DO

Plan a meal this month with someone outside your usual circle: a lonely neighbor, a new family, an international student. Pick a date tonight.

PRAY

Jesus, You went to the home of a man others avoided. Help us open our table and our hearts to people who need to know You. Amen.

DAY 8

Supper at Emmaus

READ

As they approached the village where they were headed, He seemed to be going farther. But they pleaded with Him, “Stay with us, for it is nearly evening and the day is almost over.” So He went in to stay with them. While He was reclining at the table with them, He took bread, spoke a blessing and broke it, and gave it to them. Then their eyes were opened and they recognized Jesus—and He disappeared from their sight. They asked each other, “Were not our hearts burning within us as He spoke with us on the road and opened the Scriptures to us?”

— Luke 24:28–32 (BSB)

TALK

On the first Easter Sunday, two sad disciples walked to a village called Emmaus. Jesus joined them, but they did not recognize Him. When they arrived, they begged Him to stay. At the table, Jesus took bread, spoke a blessing and broke it, and suddenly they knew it was Him! Afterward they said their hearts had been burning as He explained the Scriptures. Jesus loves to meet us at our table.

ASK

- What did the two disciples ask Jesus to do (v. 29)?
- When did they recognize Jesus (vv. 30–31)?
- When have you felt Jesus near you?

DO

Each person shares one thing they learned about God this week, or one verse that has stayed with them.

PRAY

Lord Jesus, stay with us. Open our eyes to see You at our table, and let our hearts burn as we hear Your word. Amen.

DAY 9

Breakfast on the beach

READ

When they landed, they saw a charcoal fire there with fish on it, and some bread. Jesus told them, “Bring some of the fish you have just caught.” So Simon Peter went aboard and dragged the net ashore. It was full of large fish, 153, but even with so many, the net was not torn. “Come, have breakfast,” Jesus said to them. None of the disciples dared to ask Him, “Who are You?” They knew it was the Lord. Jesus came and took the bread and gave it to them, and He did the same with the fish.

— John 21:9-13 (BSB)

TALK

After Jesus rose from the dead, some of His disciples fished all night and caught nothing. In the morning Jesus told them where to throw the net, and it filled with fish. When they came ashore, Jesus already had a fire going with fish and bread, and He invited them to have breakfast. The risen Lord cooked breakfast for His tired friends. That is how much He cares.

ASK

- What did Jesus have ready on the shore (v. 9)?
- How many fish did they catch (v. 11)?
- How can we serve each other at meals like Jesus did?

DO

Make breakfast for someone in the family tomorrow, or let the children serve dinner tonight. Talk about how Jesus served His friends.

PRAY

Risen Lord Jesus, You cooked breakfast for Your tired friends. Thank You for caring about us in ordinary ways. Teach us to serve each other. Amen.

Gladness around the table

READ

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. A sense of awe came over everyone, and the apostles performed many wonders and signs. All the believers were together and had everything in common. Selling their possessions and goods, they shared with anyone who was in need. With one accord they continued to meet daily in the temple courts and to break bread from house to house, sharing their meals with gladness and sincerity of heart, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

— Acts 2:42-47 (BSB)

TALK

After the Holy Spirit came, the first Christians devoted themselves to the apostles' teaching, to fellowship, to breaking bread and to prayer. They shared meals in each other's homes "with gladness and sincerity of heart," and they shared with anyone in need. God added people to the church every day. A table where Jesus is welcome, people are loved and food is shared is a powerful thing.

ASK

- What four things did the first Christians devote themselves to (v. 42)?
- How did they share their meals (v. 46)?
- What would make our family table a happier place?

DO

Choose one table habit to keep: phones away, a question every night, praying together, or inviting guests once a month. Start tonight.

PRAY

Lord, make our table a place of gladness, sincerity and prayer. Thank You for this family and this food. Add many people to Your church. Amen.

Tips for family devotions

Between dinner and dessert. Most families find the best moment is after the main course, while everyone is

still at the table.

Questions over answers. The goal is conversation. Let children answer first, and do not rush to correct.

Phones in a basket. A phone-free table makes ten minutes feel unhurried.

Keep going. When you finish the ten, start over, or move on to our kindness or Thanksgiving devotions.

More family devotions

Thanksgiving Family Devotions · 7 days

Family Devotions on Kindness · 7 days

Family Devotions for Young Kids · 10 days

Family Devotions for Teens · 7 days

Grace before meals

A prayer before meals

Bible verses to memorize as a family

Prayer points for family

All family devotions

Questions