

## Recipe Card



## A 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.

### **Advance 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 the steps on the reverse to serve up a great experience.

## Mealtime Instructions

- 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.