



DINNER ON PURPOSE

*A 3-Week Family
Challenge*

Faith-Building Habits around
Mealtime Prayer and Conversation

WELCOME & OVERVIEW

Welcome to the Dinner on Purpose 3 Week Family Challenge!

For the next 3 weeks, your family will be setting aside intentional time around the dinner table to connect, pray, and have meaningful conversations that will help you grow closer emotionally, spiritually, and relationally.

Prior to starting, set a day to plan for 2-3 meals each week of the challenge. Focus on starting or strengthening the habit of protecting certain times each week to be together as a family. You will be building each week on top of the one prior, so each new week will include the challenge from the one before.

This challenge is designed to help you:

- Build meaningful family rhythms
- Strengthen your family's faith
- Practice gratitude, prayer, and intentional meal times
- Create better screen-free family traditions
- Set up ongoing traditions around the dinner table

TIP: Print this guide, keep it in your kitchen, and set reminders to gather.

EACH WEEK INCLUDES:

- Simple, clear how-to instructions
- Goals for the challenge
- Family Pro Tips for every stage of life
- Suggested prayer for each week
- Reflection questions
- Bonus ideas for enhancing the challenge

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TIPS FOR GETTING STARTED

What You Will Need to Prepare

Below is a list of items and suggestions on things you will need to get started:

- Plan how many meals you will be together for the 3 weeks. Choose what works based off the season of life you are in.
- Prioritize and protect these Family Dinner nights by not making other plans. (This includes work, church activities, and hanging out with friends.)
- Agree to designate these Family Dinners as “screen-free zones”. Turn the TV and computer off, and silence cell phones. (Better yet, silence them and put them all in a basket away from the table during the meal. They can be accessed once the meal time challenge is done.)
- For young families: Expect messes and noise—this is ministry in motion. It’s ok to keep it simple.
- For teens: Start with two or three dinners. Invite their input and buy-in.
- Do it messy! Don’t aim for perfect. Just prioritize connection.

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WEEK 1:



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DECLARATION & THANKSGIVING

CANDLE LIGHTING AND GRATITUDE EXPRESSION

What To Do:

- Buy a good candle that is easy to light, and choose a person to light it and recite the verse below at each meal.
- Post 1 John 1:5 NIV near your gathering place visible to the person lighting the candle and reading the passage.
- While lighting a candle right before the meal is served, recite the verse, “God is light; in him is no darkness at all.”
- Explain that you light this candle to remind yourselves of God’s light and love that shines on your family.
- Thank the Lord for the meal you are about to receive and identify a blessing for which you are grateful.
- Let the candle burn during the entire meal. When the meal is over, blow out the candle and that will signify the end of dinner and the transition to whatever is next.

GOALS FOR WEEK 1

- Eat together at least twice this week.
- Read 1 John 1:5 and thank God aloud.
- Keep mealtimes screen-free to spark conversation.

Prayer for the Week: “Heavenly Father, we thank you for this meal, we thank you for our family, and we thank you for loving us so much that you sent Jesus to save us.”

Reflection: Shared meals center the family on gratitude. The candle is a visual rhythm—a reminder that God’s presence fills your home with light. How does this visual inspire you to toward gratitude?

WEEK 2:



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PRAYING FOR OTHERS

THE DAILY FAMILY PRAYER CALENDAR

What To Do:

Continue the habit from Week 1, and now add a time of prayer for others who need His love and grace.

- Follow the instructions from Week 1 by lighting the candle, declaring the verse, and opening in prayer and gratitude.
- Extend your prayer time (either before or after the meal) to pray for others using a daily prayer calendar.
- Post the prayer calendar close to where you eat.
- Practice interceding for others in your world and teach children to pray for the needs of others.

How:

- The calendar on the next page is an example of what you can pray for on each corresponding day, but feel free to assign categories to the days you want. On the nights you have your planned dinners, pray for the people/things designated to that day.

Prayer for the Week: “Heavenly Father, we thank You for this meal, for our family, and for loving us so much that You sent Jesus to save us. We lift up _____ and thank You that You are moving in the areas they need.”

Reflection: Teaching kids to pray for others helps them see beyond themselves and cultivates compassion. What are you learning about your family’s hearts for others in how/who they pray for? What are ways you can encourage their natural areas of compassion?

GOALS FOR WEEK 2

- Add on to the candle exercise in Week 1.
- Eat together at least twice this week.
- Rotate who prays each day
- Ask pastors, missionaries, and leaders for their prayer requests.

WEEK 2:

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PRAYING FOR OTHERS

THE DAILY FAMILY PRAYER CALENDAR

- **Monday:** Ministries — Pray for churches, missionaries, and outreach.
- **Tuesday:** The Gospel — Pray that hearts would open to Christ and the gospel.
- **Wednesday:** The World — Pray for nations and those in need around the globe.
- **Thursday:** Health — Pray for healing for others and gratitude for good health.
- **Friday:** Friends — Pray for neighbors and relationships: provision for them.
- **Saturday:** Provision — Pray for wisdom, opportunities, and financial peace.
- **Sunday:** Family — Pray for each person by name and give thanks for your family.

Prayer for the Week: “Heavenly Father, we thank You for this meal, for our family, and for loving us so much that You sent Jesus to save us. We lift up _____ and thank You that You are moving in the areas they need.”

WEEK 3:



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MEANINGFUL CONVERSATIONS

THE “HIGH, LOW, BUFFALO” GAME

What To Do:

1. Continue the challenges from week 1 & 2, by starting with lighting the candle, quoting 1 John 1:5, and expressing gratitude.
2. During the meal, play the “High, Low, Buffalo” game.

How:

Go around the table and ask these questions:

- Question: What is your “High” of the day?
- Question: What is your “Low” of the day?
- Question: What is your “Buffalo” of the day? (This is a random, funny, or surprising event.)

Before the meal ends, someone prays and thanks God for the “Highs” (and maybe the “Buffalos”) and prays for the “Lows”. Close out dinner with praying for the assigned prayer calendar needs.

GOALS FOR WEEK 3

- Continue Week 1 and Week 2's challenges.
- Eat together at least twice this week.
- Give everyone space to share.
- Identify repeated lows and pray over them.

Prayer for the Week: “Heavenly Father, we thank You for this meal and the time together to get to know You and each other better. Allow us to see each person's highs and celebrate, and each person's lows and encourage them like You would.”

Reflection: Conversation deepens connection. When families listen, laugh, and pray through real moments, they build trust and emotional safety. What patterns do you notice that you can cover in prayer and offer encouragement or celebrate?

BONUS REFLECTIONS & TOOLS



Weekly Check In Questions

- Did we prioritize family meals?
- Did we thank God together?
- Did we minimize distractions?

If you said “yes” to two or more—you’re on track!

End-of-Challenge Reflections

- What did we learn about each other?
- Which new habits do we want to keep?
- How did this draw us closer to God?

“

It is not a given that a family eats together at all, yet one of the most loving things you can do for your family is simply to sit down, at the same time, in the same place, and eat together.”

— Justin Whitmel Earley,
Habits of the Household

Prayer for the Week: ““Heavenly Father, we thank you for this meal, we thank you for our family, and we thank you for loving us so much that you sent Jesus to save us.”

KEEP IT GOING

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Congratulations on Completing the Challenge!

Tips & A Note from Tom Blaylock, Legacy Stone Director of Family Training



I hope you and your family felt encouraged, had some fun, and felt a little challenged! Wondering where to go from here? Here are 3 possible next steps to prayerfully consider.

1. Make one or more elements of Dinner on Purpose an ongoing rhythm for your family.

My wife, Sandi, and I started lighting a candle, praying everyday through our prayer calendar, and using the High/Low/Buffalo questions during dinner a few months ago. The candle lighting while reciting 1 John 1:5 and the intentional intercessory prayer have become habits we want to hold on to. The High/Low/Buffalo questions are fun to sprinkle in and helpful when conversation lags, so I encourage you to look for the element you want to continue or even add to.

2. Invite other Christian families over for a meal and share what a Dinner on Purpose can look like.

We've noticed that many Christian families want to slow down and connect more with meaningful prayer and engaging conversation. Why not simply invite another family into your home so they can experience them with you? Sandi and I have invited several families over since incorporating these rhythms, and all of them have mentioned how refreshing and encouraging it is to have a Dinner on Purpose.

3. Consider other habits to experiment with and build upon them.

Another rhythm we've developed is breakfast and a Bible verse. Most mornings we open our Bible app and read the verse for the day. It's a short and intentional moment that pulls us together and connects us with God at the start of our day.

PS. Looking for more in-depth tools? **The Winning Family Culture Study** is our 7-week guide to help you build rhythms with Christ at the center and have a map for future generations to follow. Learn more: www.legacystone.com/culturestudy

