

## Fellowship...God's fix for the family.

In today's world the family which has not been torn apart is likely drifting apart...drifting into the internet, video games and electronic relationships. God's fix for the family is the same as his fix for the church ...fellowship. First is fellowship with God. Have the children take turns saying a meal time or night time prayer. Having the feeling that they are part of God's family will help them trust God to care for absent parents AND that no matter what happens to their earth family they still have a Heaven Family...a Father who cares for them. A second great step to fellowship with God is a scripture calendar at the breakfast table...starting and ending each day with a Bible verse. Sharing Scripture gives the entire family a sense of belonging. Fellowship with each other takes practice. Following are some of my personal favorites. Try posting them on the fridge or by the TV.

**My personal Favorite for connecting/reconnecting earth families is meal preparation.** The idea comes from a conversation with Margaret Meade world famous Anthropologist who comments that the one thing in every culture in the world that marks a person as belonging to a tribe or family is helping prepare the meal. Anyone can be invited to share the meal but traditionally only family members help prepare it, giving them one thing we all deeply need...a sense of being a contributor. My second world famous fan of food preparation is Maria Montessori who starts out having three year olds in the kitchen with her. Each child gets a sturdy child safe serrated plastic knife with which they slice bananas and then peal the slices. So far I have counted 125 toppings for sliced bananas: chocolate chips, ice cream, strawberry jam, mashed avocado, jelly beans with mayonnaise...deserts even a three year old can be proud of preparing. The point being: togetherness-fellowship. The kitchen is a perfect place for bonding and rebonding, for including new family members as well as renewing old ones. After bananas comes cucumbers and apples. After meal preparation comes...sometimes slowly...new and healed relationships. Acts 2:46: "taking their meals together with gladness and sincerity of heart"

**# 2 Walt Disney had it right: "Whistle While you Work". According to a 40 year Harvard University study of thousands of children raised with every kind of problem imaginable the ONE THING that guarantees a child will never spend time in prison is learning to ENJOY work. Show the kids where things belong, then once a day set the timer on the stove and whistle while you work. Make it fun and finish off with a cookie or apple slices. Make household chores into a fun part of the day rather than something that puts you on opposite sides of the fence. A good starting place is to set the timer on the stove for 5 minutes and WHISTLE (enjoy) working with your children at a set time each day. Colossians 3:23**  
"Whatever you do, work at it with all your heart"

**#3 Catch them being Good.** Good parents must correct a child who misbehaves but GREAT parents, celebrate when they get it right. The child who most needs our compliments could easily be the child who least deserves them. Look hard, be generous God's greatest gift to parents is a child who wants to please. Our job is to help them see the goal and the God who will help them reach it. Accentuate the positive. 1 John 4:8 "God is love."

**#4: Walk TOGETHER.** It is God's picture of the perfect relationship with his children. He walked with Adam and Eve, with Moses and Noah. Walking TOGETHER helps us clear our minds and focus on one another. It helps us see the balance and harmony of God's world, of his great love for every living thing. To view the authors newest coloring book, a book that features 28 different ways to walk together visit [www.bibleparent.com](http://www.bibleparent.com) and click on "Coloring Pages" then "Walk with Me". When the kids are loud or picking on each other going for a walk has been a parents secret weapon for centuries...probably longer. Always take an umbrella. You may not need it for rain but even the angriest dog runs away when you open it in his face.

Give your home a Bible makeover. Visit [www.bibleparent.com](http://www.bibleparent.com). Down load a coloring page or three. Color them TOGETHER...a great form of fellowship... and put them ON DISPLAY in your home, on your windows, on your doors and by your beds. In todays fast paced world we need to SURROUND ourselves and our children with reminders to put God first. Giving your home a Bible makeover could be the best thing a parent could ever do.

In today's world finding the time for fellowship with our children and spouses is not always easy. There seems to be so little time. We pray this short list finds it's way onto refrigerators or wrapped around the tv controller. We pray especially for families who do not live in the same house...for children in joint custody...children for whom connecting and reconnecting is a lifelong process. The process begins in heaven with prayer, scripture and sharing a church family on Sunday but the above weekday activities: Time in the Kitchen, Whistle While you Work, Catch them Being Good, a Daily Walk and giving your home a Bible makeover can make fellowship a part of your lives, replacing video games. Tv, etc. **May God bless and keep you as you make each of the above a family habit...something your children will remember all their lives.**

Charles White is a retired preschool teacher author of 30 plus free online coloring books and web editor of [www.bibleparent.com](http://www.bibleparent.com). He invites families to download as many free copies as they like And fellowship as they color TOGETHER.