

Meditation – Meals during Marriage

The pages of scripture unfold an unconditional love that God has for us. The Apostle Paul describes the beauty of this love to the Church at Corinth reminding us all that love is patient, love is kind and love is not self-seeking. We find evidence of this love in the splendor of creation, in the living Word of Jesus Christ and in the depth of human relationships sustained by the Holy Spirit.

Paul's letter to the Church of Rome, shares a variety of qualities of living out God's love to others. One of God's most treasured relationships God created is marriage where the sharing of these attributes that Paul describes in Romans of love, honor, and peace can enhance life lived together.

Shawn and Kathleen, since one of your favorite activities as a couple is eating at different restaurants together, I invite you to view marriage as an adventure of sharing meals around a variety of tables throughout your years as husband and wife. Here are a few hints for time at the table during marriage.

First- Begin Meals with Grace and End them with Love

As your long distance dating relationship of three years fades from view with the arrival of your wedding, share this gratefulness each time a Hostess shows you to a table for two. Continue to be open to other cultures and new tastes together, from an underwater restaurant in Maldese, to various bistros in New Jersey to dining outside on Lake Norman. After orders are placed, review your day with one another... both the good and the bad, dream together, and share appreciation for one another.

Kathleen share with him how you love his charm and thoughtfulness and how he makes you laugh Shawn share with her how you admire her optimism and support and how beautiful she is inside and out.

Before the meal ends, be sure to say the words I love you to one other, for these 3 words are important to say and hear each day.

Second, All the meals will not be fabulous.

Endure the cafe's that lead to disappointments; when the food or service is terrible, when arguments arise or when the night did not go as planned. Treasure the dinners where laughter was shared, meaningful topics were discussed, and contentment was found. Although plans may not go as you always hoped, know that the best laid plan is not as important as being together. Embrace one another in times of weeping and in times of rejoicing. Be patient with one another. Use each other's strengths of forgiveness and communication to turn a food truck snack into a five-course feast.

Third, make room at the table for others.

Share a meal with family often and form memories during the holidays that will last throughout the generations. Gather with friends to share struggles and celebrate successes. Provide a meal to those who are in need, giving often results in a deeper blessing than receiving. Gain wisdom from sharing a cup of coffee with a neighbor. Be attentive to entertain strangers in your midst with gracious hospitality for the unfolding of your story together may rely on those you do not know by name.

As a couple, life is blessed by others no matter who pays the bill or tips the waitress. For the food and stories shared together around the table today shape you both to who God is calling you to be tomorrow.

Lastly, invite Jesus to dinner.

Jesus loved to eat, for he knew that meals were intimate experiences that provide times to rest, reflect, celebrate, feast, and remember. There is great value in breaking bread together with the Lord, for there is true nourishment for the body and soul with him. Invite Christ into your lives and marriage often for he will season your meals with love, provide comfort food that gives a peace beyond human understanding and will be your guide to savor the meals together as husband and wife both now and forevermore. Amen.