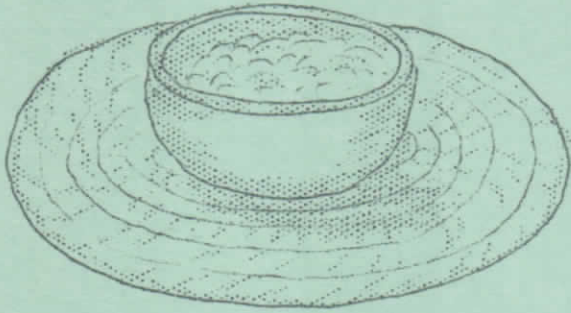


# MEALTIME



When it was time for a meal, the family sat or squatted on mats around a larger mat or skin. This larger mat was the "table".

Mother put a large bowl filled with the main dish on the table. The family ate with their fingers. Sometimes a piece of bread was used as a spoon until it was soaked. Then this "spoon" was eaten. You remember this is the way Jesus and His disciples ate at the Last Supper. (See Matthew 26:23 and Ruth 2:14)

Hands were washed both before and after eating.

The father thanked God for the food both at the beginning of the meal and the end. He often said this prayer -

Blessed art thou, Jehovah our God  
who causes bread to come forth from  
the earth.

(Read in Acts 27:35)

We read how Paul thanked God for food even in the middle of a great trouble on a ship.

There are only 2 meals a day for the family.

1. About noon when the morning's work is done.
2. In the evening after the day's work is done.