

Three Windows Three Women

Kitchen table theology



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Expressing my faith in God, and promoting spiritual well-being has transformed the structure of my home. The essential view of having faith has diffused throughout my home and to my family. Faith evolves with the understanding that God can and will do all things. The struggles we endure in this life must be given to God through prayer.

Faith is the belief that God will take care of all things. Examples are prayer at the kitchen table before family meals; my 7-year-old granddaughter loving to read Psalms' Kids Bible before every meal; following the words, train up a child in the way she should go, and when she is old, she will not depart from it, as we read in Proverbs 22:6. (RSV)

Kitchen table theology revolves around not only the acknowledgement of God and having faith, but also the belief in prayer. Prayer radiates throughout our home, as well as prayer in the house of God, and prayer when you just need to have a talk with God. As long as the family members understand that God will handle everything, then I am convinced God has taken them under his wing, and they will become more spiritual beings.

We know God hears, sees, and will do all things through faith. Essentially, by faith we pray and become more spiritual. As long as we maintain our spiritual being, religion will find its path in our hearts. ♡