

Review: The Lifegiving Table

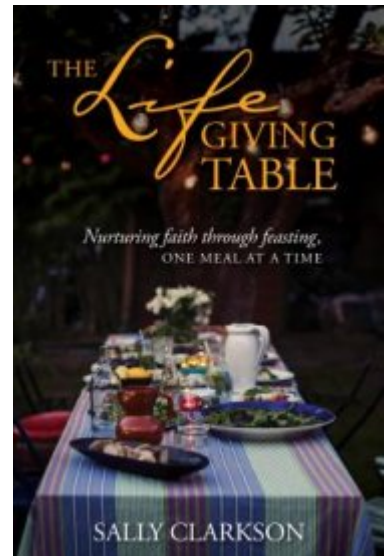
September 6, 2017

The Lifegiving Table:

Nurturing Faith through Feasting, One Meal at a Time

By Sally Clarkson (Tyndale)

As hearts focus on family, friends and food during natural disasters like Hurricane Harvey, Mom Heart Ministry founder Sally Clarkson turns her tenderness to *The Lifegiving Table*. In her latest book, she provides ideas for nurturing faith through feasting. The author's common-sense advice encourages mealtimes that deepen family bonds while nourishing the body and soul.



The mother of four weaves in Scriptures that highlight the importance of meals while offering practical assistance. Topics include special occasions and celebrations, making the most of milestones, teatime discipleship and living out grace.

But *The Lifegiving Table* isn't just targeted to everyday meals and family members. Clarkson furnishes tips on hospitality and influence that last a

lifetime by making children's friends comfortable, becoming the "go-to" house for teens and welcoming neighbors.

Just as Jesus initiated intentional conversations, the author notes spiritual conversations rarely occur unless intentional. Thus, the book includes an appendix of table talk starters that afford nonthreatening methods for establishing connections, strengthening relationships and approaching spiritual subjects.

For some readers, the idea of providing a lifegiving table everyday may seem overwhelming. And although the pages are filled with tasty but time-intensive recipes and ideas, busy families can use Clarkson's shortcuts. However, few can argue with the value of *Nurturing Faith through Feasting* as a starting point for cultivating a home of calmness, comfort and conversation focused on family and faith. After all, Jesus called himself "the Bread of Life," and Isaiah wrote, "On this mountain the Lord Almighty will prepare a feast of rich food for all peoples."

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