

BLESS – Eat

Welcome and opening prayers

What happened last week? (15 mins – sharing around the room or in small groups)

Last week we made the commitment to listen to at least a couple of people. How was it? What was the best story you heard? Or what did you learn that surprised, saddened or inspired you? How did the people who you listened to respond at the end of your time together

Introduction (10 mins)

Watch this story of someone who was profoundly converted through being offered bread and wine at a church in San Francisco, “Sara Miles, author of City of God, on her Faith & Background”, accessible at <https://www.youtube.com/watch?v=PEhZ43A73cY>

Sarah Miles went on to become the priest of the church and to feed 400 families a week through establishing a food bank. Her food and spirituality are deeply linked.

- What does food mean in your life? Is it just fuel? Do you sit down to eat regularly with others around a table, or do you mainly eat in front of the TV or in your own room?
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- Think of one of the best meals you ever had. What made it so special?
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- In what ways is food and eating connected with your faith in God? Is God interested in what we eat and how we eat? As follower of Jesus should we have a distinctive approach to food, to eating and to hospitality?
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Bible Study (20 mins)

Jesus was always sitting at tables with people – and often profound things happened when he was eating with friends, but his approach often upset people. In Luke 5:27-32 the religious people at the time disapproved of the way he had dinner with disreputable people. At other times they accused him of being a glutton and a drunk. He received hospitality from all sorts of people, and he gave hospitality to people in miraculous ways (Luke 9:10-17) and in very ordinary ways (John 21:1-14)

Break up into smaller groups and choose one of the 3 scripture passages above - Luke 5:27-32, Luke 9:10-17 and John 21:1-14.

- What do you learn about Jesus and his approach to food and eating in the passage?
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- What do you learn about how Jesus would have you follow him in this approach?

Share your ideas with one another

Eat with Someone (20 mins)

Our goal this week is to eat with someone outside of your immediate family group. Note the aim is not to throw a huge elaborate banquet as this is not sustainable as a life rhythm – it’s about sharing a simple meal sitting at a table, where there is time to relax and talk.

Eating with people was what Jesus did and is part of developing a missional rhythm of life.

- What do you find easy/hard about offering hospitality?

- What do you find easy/hard about receiving hospitality?

- How can we help one another overcome any fears or difficulties?

E.g., Could a few people join together in being hospitable? Could we share recipes that work? Would it be easier to meet someone at a café?

Who might God be inviting you to eat with in the week ahead?

Prayer – (5 mins)

Pray with one another about the people and situations on your heart, and about the tables we will be sat around in the next week. Pray that we will all be able to create spaces that make people feel relaxed and loved.

Exercise before the next session:

Take the opportunity this week to enjoy eating and sharing hospitality with someone.

BLESS Promise

In order to be a blessing I want to commit to....

Eat

I will eat (how often?) _____

With _____
