

EATING TOGETHER: FAMILY TALK

Eating Together

Discussion Starter

What did you eat at your last meal time?

What is your favourite food to eat?

Jesus loved to eat food with others, he ate together with the disciples and with others that he met day to day. Sharing food was a big part of his ministry. There's lots of examples in the Bible of Jesus eating together. Ask the group to give suggestions of where meals feature in the Bible, or of when Jesus used food in his stories?

Hold up a bunch of grapes. Explain that grapes were an important part of the final meal that Jesus shared with his friends. They ate bread together and drank wine which is made from Grapes. (You may want to use this time to give a brief introduction to communion, explaining the importance of the bread and wine.)

Pass around a bunch of grapes and ask everyone to take a single grape from the bunch. They should pick the grape that they think looks the nicest, the juiciest, the tastiest. The best of the bunch! Ask everyone to keep hold of their grape and then pass the bunch on to the next person.

Explain that in a moment they will eat the grapes together. However, before doing this, everyone should turn to the person sitting next to them and swap grapes.

How does that feel? Are they happy to give away their grape? Are they pleased with the new grape that they receive?

Just like Jesus, those in the early church often ate together. They built a community and shared everything they had with each other. This may have been difficult sometimes, as it might have meant giving away some of the food or items that they really wanted. The Bible tells us that they gave to those who needed help and that they ate together "with glad and sincere hearts." (Acts 2: 42-47)

Eat the grapes together and encourage everyone to reflect as they eat, giving thanks to God for the communities that they are a part of, and the food that they can share with others.

You could also encourage the group to reflect on the last supper as they eat the grape.

Biting into grape and piercing skin - think of Jesus' body, pierced and broken for us.

Tasting juice inside grape – think of the blood of Jesus, poured out for us.

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Alternatives

You could use Skittles for this activity, asking everyone to choose their favourite colour. Put the Skittle in your mouth and suck the sweet without chewing. Remove the sweet from your mouth and notice that the colour has been removed, leaving a white sweet. Although the Skittles look different on the outside, they are all the same underneath. When we share a meal together it's not important if we get to have our favourite flavour, or favourite type of food, it's the act of sharing the meal together and building a community that is important.

Remember to always be aware of any food allergies or dietary requirements when using food. (E.g. Skittles contain gelatine and are not suitable for vegetarians.)

*Tom Hackett
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