

## Group Conversation

As you eat:

- Share what you're thankful for.
- Share your faith journey (let people ask questions).
- Ask, "What characteristic of God stands out to you most from your walk with him?"
- Ask, "What spiritual truth is God teaching you or reminding you of lately?"

## After Meal

Your meal is the breaking of bread. Your sharing in each other's faith journey is fellowship. When you are sharing spiritual truth you are centering around the apostles' teaching. The only thing that is left is prayer.

## Miscellaneous Advice

- For the first few meals, use the script provided to help stay focused.
- The host will need to refocus the group when sidetracking happens.

## PURPOSE

Whenever you hear each other's spiritual stories, and whenever you hear what is going on in people's spiritual lives, it deepens relationships. Often people find that God uses other people's stories to spur them on in their own spiritual journey. Whenever we meet each other in the presence of Jesus, there is no telling what God will do in our midst. The Jesus meal is a way to deepen your walk with God and with each other.



### Sunnyside Wesleyan Church

58 Grosvenor Ave.

Ottawa, ON

K1S 4S4

613-730-9411

[www.sunnysidechurch.ca](http://www.sunnysidechurch.ca)

[office@sunnysidechurch.ca](mailto:office@sunnysidechurch.ca)



Since the beginning of the church, Christians have opened their homes to share a Jesus meal with each other. *"Day by day, as they spent much time together in the temple, they broke bread from home to home and ate their food with glad and generous hearts."*

Acts 2:46 (NRSV)

This was part of the practices that made the early church what it was. In order to deepen our lives and our community we need to resurrect this practice.



# This meal is to be a time with each other in the presence of Jesus.

## THE COST AND BENEFITS

- These costs are part of the spiritual discipline of economic sharing.
- The Jesus meal is to be offered with no thought given to whether the people will offer back.
- As you allow God to work in your heart through the Jesus meal you will find a number of things. You will find yourself entering deeper into the lives of people around you in a way that will make relationships more meaningful.
- Relationships also have a way of helping us with our own rough edges. As you share a Jesus meal with people, you can trust God's spirit to help you love them more through you, and they may just help you to love Jesus more. Relationships built around Jesus have a way of doing this.

## GETTING READY FOR A JESUS MEAL

- Prepare a guest list. (People who have no problem talking about spiritual things.)
- You may want to include a person or two who don't know Jesus but are honestly seeking. Make sure that everyone you invite understands that this is a Jesus meal.
- If you can invite someone that can't repay in kind, like university students or single parents, you are exceptionally blessed.
- The number of people you invite will depend on you. But, you want everyone to be able to engage in dialogue while eating.
- The Jesus meal is not about serving something fancy. The meal should be simple and nutritious.
- Some choose to set an extra place setting to remind them of the fact that Jesus is a guest at this meal.

## THE PRACTICE OF THE MEAL

- When ready to start say something like, "I (we) want to welcome you to this Jesus meal. We see this meal as an extension of the communion table at church. While we are eating this meal, we are doing church. Jesus is the guest of honour at this meal. We believe that because Jesus is here, and because we are being the church that this time is going to be a means of grace for each person here. So let us begin our meal with prayer..."

