



B: Begin with prayer **L:** Listen **E:** Eat **S:** Serve **S:** Story

I. WHY IS SHARING A MEAL SO POWERFUL?

Eating with someone is a statement of...

1. Trust
2. Friendship
3. Closeness

II. HOW DID JESUS USE FOOD TO BLESS OTHERS?

1. Much of Jesus' ministry was centered around conversations over a meal

- His first miracle was at a wedding feast (John 2:1-12)
- He feed five thousand men on a hillside in the country (John 14:13-21)
- Just hours before his crucifixion he gathered his friends for a meal (Luke 22:7-20)
- After the resurrection he had breakfast on the beach with his disciples (John 21:1-14)

2. Jesus blessed people by eating with them – especially people that no one else would (See Matthew 9:9-14)

John the Baptizer has come neither eating bread nor drinking wine, and you say, 'There's a demon in him!' The Son of Man has come eating and drinking, and you say, 'Look at him! He's a glutton and a drunk, a friend of tax collectors and sinners!' "Yet, wisdom is proved right by all its results."

Luke 7:33-34 (GOD'S WORD)

3. Jesus gave us a meal to remember Him

When Jesus himself wanted to explain to his disciples what his forthcoming death was all about, he didn't give them a theory; he gave them a meal.

N.T. Wright

III. WHAT CAN I DO TO OVERCOME THE EXCUSES?

Excuse #1: "I don't like to have people in my home"

Responses:

- Remember it is not about the food or the location – it is about connecting with the people
- Keep it simple—invite them out for dessert, coffee or over for a cookout

Excuse #2: "I wouldn't know what to say"

Responses:

- Don't worry about having the perfect words to say – but rather ask good questions about them and then be present, interested, attentive and listen
- Conversation Starters:
 - ⇒ Where did you grow up?
 - ⇒ What kinds of jobs have you had?
 - ⇒ What do you do for fun?
 - ⇒ What dreams do you have for the future?
 - ⇒ How did you and your spouse (significant other) meet?

Excuse #3: "I just don't have time"

Responses:

- Remember that this is not primarily about just eating a meal with someone – but rather helping people into the kingdom of God
- Start by setting aside one night a month to invite someone over or out and pray about it

Don't be jealous or proud, but be humble and consider others more important than yourselves. Care about them as much as you care about yourselves and think the same way that Christ Jesus thought:

Philippians 2:2-5 (CEV)