

# Holy Habits – Eating Together



*Christ... the unseen guest at every meal.*

*“They broke bread in their homes and **ate together** with glad and sincere hearts, praising God and enjoying the favour of all people.”*

*Acts 2: 46-47*

*“Man shall not live by bread alone, but on every word that comes from the mouth of God.”*

*Matthew 4:4*

*“Offer hospitality to one another without grumbling.”*

*1 Peter 4: 9*

**HOW?** Anyhow and anywhere. Planned or spontaneous; private or public; simple or lavish

**WHO?** Anyone and everyone. Jesus made no exclusions.

**WHY?** Anything can happen. The table: a place of possibility, a place of connection, belonging, celebration, restoration, discovery and growth.

## **To ponder and pray...**

- How does this fit with our church vision?
- Am I willing to eat with absolutely anyone? How might that happen?
- How could my ‘table’ be a place of spiritual nourishment and growth?