

THE “MEAL” EXERCISE

This week’s exercise is a little different than previous weeks; you’re simply going to celebrate a meal together and worship God by declaring truths about Him that you experience as you eat. You don’t have to follow this outline exactly, but here are some suggested conversations your group might have during the meal:

- Everyone might share a sensory experience they’ve never considered before about the meal.
- Everyone might share one way that their food and drink reminds them of God’s goodness.
- Everyone might thank God for a specific element of the meal, the people eating with you, etc.
- Everyone might tell a story about an especially meaningful meal in their lives.
- Everyone might share a way they’ve seen this week that Jesus is “the better” and offer a toast to celebrate Him.

After the meal, we’ll encourage the followers of Jesus among you to participate in *the meal*: to take the Lord’s supper together with bread and wine (or juice if you prefer). As you do, you might do some of the following:

- Have someone read 1 Corinthians 11:23–25.
- Some of you might declare how Jesus’ death and resurrection is good news to specific areas of your own life.
- Some of you might declare how Jesus’ death and resurrection is good news to specific areas of other’s lives that you heard them mention during the meal or throughout previous weeks together.
- You might explain to children or not-yet-believers the significance of the Lord’s Supper in your own words.

PRAY:

Spend some time praying together for your group and for each specific person: that God would help you increasingly see all of life—even simple meals—as opportunities to worship Him in all you do, that the reality of Jesus’ death and resurrection would be more and more real, and that both the Lord’s supper and the words of others would be used by God the Spirit to remind you that Jesus is truly “the better” (and add specifics as necessary).