



EAT?

But food does not bring us near to God; we are no worse if we do not eat, and no better if we do. 1 Corinthians 8:8

Meal Times

Pray Before You Eat

Example of Paul

After [Paul] said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. Acts 27:35

Follow Jesus

Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. John 6:11

Consecrates the food

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer. 1 Timothy 4:4-5

Consecrate:
 Make or declare sacred, dedicate to a religious purpose.

Eat with Others

The Table of the Lord



ENCOUNTER QUESTIONS

Spiritual Growth Small Groups at Emmanuel Reformed Church

How do you feel about eating?

Review the sermon. What were the main points?
What stood out to you or raised questions for you?

Do you have patterns for praying before meals?

What family benefits to you see from praying with meals?

What spiritual benefits do you see from praying with meals?

When are you hesitant to visibly or audibly pray before a meal in public? (eg. work/restaurants/guests/traveling)
What are the reasons?

There are writings from the early church that it was common not only to pray before eating, but also *after* eating. This idea can also be found in the Old Testament; see **Deuteronomy 8:10**. What do you think of the idea of praying after meals? How could it further transform meal times into spiritual experiences?

Read **Matthew 6:25-34** – how can simple prayers of thanks before meals help us not to worry?

If you were instructing a 5 or 6 year old on how to pray before a meal, what would you say?

Consider using this breath prayer this week:

In – **Taste and See**

Out – **that the Lord is Good.** Psalm 34:8