

Eat Your Way through the Bible

3 week course or a 3 course meal? It's up to you!

Small faith-sharing groups can take many forms, one of them is to join together in fellowship over food and Scripture. This follows the example given to us by Jesus who regularly ate with his disciples and followers.

How you structure your group session will depend on the group composition and the food you're sharing; below you will find a suggested structure as well as a sample menu to get you started.

Gathering

Welcome each other and take the time to introduce yourselves.

Opening Prayer

Include thanks for the food that is going to be shared.

Scripture

Listen to the Scripture being read aloud/played as audio before the meal begins. The Scripture texts are found below in the Menu. The leader of the session might encourage quiet reflection or an Ignatian method of Scripture engagement; where the group places themselves personally within the Bible story through imagination; imagining the setting, sights, feels, smells and tastes.

Food

Food helps bring people together; from all different backgrounds and with a whole variety of questions and ideas. Allow some time at the start of the meal for general conversation and fellowship before bringing the focus back to the Scripture that has been heard.

Discussion

Whoever is leading the session should start by framing the Scripture passage within its context in the Bible (for help on this go to our Scripture Seekers section on godwhospeaks.uk), explaining why they chose the Scripture passage and what it means to them.

The person leading the session should encourage people to break into smaller groups so that they can ask questions, talk through issues, build relationships and explore their faith.

Here are some conversation starters:

- What does this Scripture reveal to us about God and what God does for us?
- What does it reveal to us about our wants and needs?
- What does it reveal to us about living our lives as Catholics?

Respond

Once your meal has finished, invite the group as a whole to share their key takeaways from the session and what they feel God is inviting them to do in terms of serving him and others.

Closing Prayer

An opportunity to thank God for speaking to us.



Menu

Starters

Mixed Nuts, Fruit & Seeds

Reflect on the creation passages and how wonderful God's creation is. (*Genesis 1:11-13, 2:4b-9*)

Unleavened Flat Bread

Jews to this day celebrate the haste with which the Israelites left Egypt. Contemplate on the Exodus story. (*Deuteronomy 16:1-4*)

Garden Salad

During the exile, Daniel and his companions refused to eat the food and drink from the royal palace in Babylon (most likely because they were dedicated to the Babylonian gods, or contained pork); instead they ate only vegetables and water. The King's official feared retribution for allowing this but was satisfied when he saw that Daniel and his companions appeared healthier than the other men, and so he allowed them to continue. (*Daniel 1:1-20*)

Mains

Grilled Lamb Skewers

Consider the story of Abraham, Isaac and the ram. The sacrificial offerings made by the Israelites and how Christ gave his life as a ransom for many. (*Genesis 22:1-19, Matthew 20:28*)

Lentil Stew

Reflect on how Esau sold his birthright to his younger brother Jacob for a bowl of lentil stew. (*Genesis 25:29-34*)

Fish Finger Sandwich

Read about Jesus' miracle of the loaves and fishes, a precursor to his teaching on the Eucharist. (*Matthew 14:13-21, 15:34*)

Grilled Fish

The resurrected Jesus appeared to his disciples a number of times, here he invites fishermen Simon Peter, Thomas, Nathanael, James, John and two other unnamed disciples to join him over a breakfast of grilled fish. (*John 21:1-14*)



Desserts

Milk & Honey Cake

Remember the promise God made to Moses, that he had seen the suffering of the Israelites in Egypt and that he would bring them to a new land rich with milk and honey. (*Exodus 3:7-9*)

Hot Cross Buns

Reflect on the crucifixion of Jesus. (*John 19:16-37*)

Fig Cake

Consider the Kings of Judah and Israel – and the Kingdom's ups and downs. The fig is a fruit that crops up again and again in the Scriptures to symbolise prosperity, wellbeing, and security. (*1 Kings 4:20-27, Micah 4:4*) You could also reflect on the moment Jesus curses the fig tree and why he might have done this. (*Matthew 21:18-22*)