

DISCUSSION GUIDE

BLESS | Week Four: EAT

October 28 & 31, 2021



Message Big Idea

In order to BLESS our neighbor, Jesus invites us to share meals together.

Scripture

Matthew 9:9-13

Icebreaker & Opening Thought

1. If you had to eat the same meal once every day for the rest of your life, what would it be?
2. To live out our mission to help people find their way back to God, we can use the BLESS acronym. This week we focus on “E” for eating. Often in our culture, and many others, sharing a meal is a great way to get to know someone better. Eating isn’t just another item on the to-do list, but it is often something we enjoy and do multiple times a day! How can we be a blessing to someone while we eat?

Bible Discussion

3. Read Matthew 9:9-13. Why do you think that Matthew followed him? What do you think they discussed at Matthew’s house?
4. In this passage, what could Jesus mean by, “It is not the healthy who need a doctor, but the sick? But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”?

5. Read the Henri Nouwen quote below and discuss how it intersects with Jesus method of “eating with sinners.”
“When we invite friends for a meal, we do much more than offer them food for their bodies. We offer friendship, fellowship, good conversation, intimacy, and closeness. When we say, ‘Help yourself... take some more... don’t be shy... have another glass...’ we offer our guests not only our food and drink but also ourselves. A spiritual bond grows, and we become food and drink for one another.” —Henri J.M. Nouwen

Life Application

6. Share a time that you had a meal with someone that you remember as being a special event for you or your relationship. What made it so special?
7. What are the barriers in your life that may keep you from inviting someone to share a meal with you? How might you break down some of those barriers?
8. How often do you share a meal with someone during the week? Are there times that you could invite others to join you that wouldn’t be too difficult?
9. Who comes to your mind when we discuss our mission of helping people find their way back to God? How could you plan to bless them through eating?

Challenge

Who has God been calling you to bless and help to find their way back to Him? Continue to pray for them, listen to them, and this week, invite them to share a meal with you. Next week share with someone else how it went.