

INTRODUCTION

Scripture links food and enjoyment. God favors us when we sit down and enjoy the food He created. God gives us cows for milk and chickens for eggs. He created the herbs we use to season the meat of both cows and chickens. The seas are full of great fish to eat. He planted the first vegetables to give our bodies the nutrition necessary to enjoy long life upon the earth. Yes, God wants you to enjoy broccoli, asparagus, beets, carrots and kale.

As J. R. R. Tolkien once said, "If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." Gathering to enjoy a meal is a gift from our Lord. He is present when we enjoy one another and all that He has provided.

DISCUSSION STARTER

- 1. What are some of your favorite foods? Why?
- 2. When you sit down for a meal, do you ever think about where your food came from? Why or why not?

EVALUATE IT

- 1. Read Deuteronomy 6:11. Why does Moses instruct the Israelites to reflect and remember that this land promised was "move in ready"? How can we apply this valuable instruction in 2017?
- 2. Read Ecclesiastes 9:7. Why do you think God wants you to enjoy eating good food?
- 3. This message from Stuart combines gratitude and joy. How are these two connected to each other?

MAKE IT PERSONAL

- 1. What are some creative ways at meal time to acknowledge God provides the food that we enjoy? How can we pass the value of gratitude for all we have to the next generation?
- 2. What are some ways your family can prevent boredom at mealtime?

SOMETHING TO THINK ABOUT

The "IF" Game (Explore these questions as a family or Life Group)

- 1. If you could visit any country tomorrow, where would you go and what would you do?
- 2. If you could become proficient in one musical instrument overnight, what would the instrument be? What is the first song you would play?
- 3. If you were only allowed to eat vegetables for the rest of your life, what would you grow in your garden?
- 4. If you were asked to pray at the White House, what would be the first line of your prayer?
- 5. If you could invite any US President (living or dead) over for dinner, who would you invite?
- 6. If you knew tonight was your last night on earth, what would you do?
- 7. If you had to leave home forever with only one small suitcase, what would you take with you?
- 8. If you could learn three foreign languages in the next month, which ones would you choose?
- 9. If you were asked to coach a professional sports team, which team would you choose and what changes would you make?
- 10.If you were asked to create a theme park, what would you name it?
- 11. If you had to wear one outfit for the rest of your life, describe what it would be from head to toe.
- 12.If you could have been an extra in a movie that has already been released, which movie and scene would you be in?
- 13.If you could choose a different ending to a movie, which movie would you change and how?
- 14.If you were told you had to relocate to a big city tomorrow, which city would you choose?
- 15.If you had to choose between living on a farm or in a big city, which would you choose and why?
- 16.If you were a master carpenter, what piece of furniture would you want to build for your family?



Interested in joining or starting a Life Group? Contact our Life Groups Minister.

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