

B.L.E.S.S.

YOUR

NEIGHBOR







Post

SP





Beef
Tongue



B.L.E.S.S.

YOUR

NEIGHBOR



Helping Others Find Life In Christ

B.L.E.S.S.

YOUR

NEIGHBOR



When families eat together:

- Kids eat better
- Lower risk of eating disorders
- Less use of cigarettes, drugs, alcohol
- Better self-esteem
- Lower depression
- Better grades
- Higher test scores

The Bible has a lot to say
about eating together

Matthew 9:9-13

As Jesus went on from there, he saw a man named Matthew sitting at the tax office, and he said to him, "Follow me," and he got up and followed him.

Matthew 9:9

While he was reclining at the table in the house, many tax collectors and sinners came to eat with Jesus and his disciples.

Matthew 9:10

When the Pharisees saw this,
they asked his disciples, “Why
does your teacher eat with tax
collectors and sinners?”

Matthew 9:11

Now when he heard this, he said, “It is not those who are well who need a doctor, but those who are sick. Go and learn what this means: I desire mercy and not sacrifice. For I didn’t come to call the righteous, but sinners.”

Matthew 9:12-13

“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 are offering our guests not only our food and our drink but also ourselves. A spiritual bond grows and we become food and drink for one another.”

Henri J.M. Nouwen

“I don’t like to have others in my house”

“I don’t like to have others in my house”

“I don’t know what I’d say”

- Where did you grow up?
- What was your family like?
- What kind of job do you have/ had?
- What do you like to do for fun?
- What are your dreams for the future?
- If married...Where did you meet?

“I don’t like to have others in my house”

“I don’t know what I’d say”

“I just don’t know if I have the time”

“Sharing meals together on a regular basis is one of the most sacred practices we can engage in as believers. This type of hospitality is a tremendous opportunity to extend the Kingdom of God. We can literally eat our way into the Kingdom of God! If every Christian household regularly invited a person into their home for a meal just once a week, we could literally change the world by eating!

- Allen Hirsch & Lance Ford, *Right Here, Right Now* -

