



A 4 week nibble on the feast of food and taste-filled verses in our bible paired with modern writings, movie clips and (of course) recipes. Taste and see that God is good, food is good, faith is good!

**May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>**

Virtual Sessions each Thursday at 4:00pm

Registration through the Facebook Event on Taylorsville's page is suggested.

Join Melissa's Zoom Room: (In the app) 819-0949-9019

### **Study Guide**

Week 1: We All Gotta Eat

Week 2: Mindful Eating

Week 3: Food Discovery

Week 4: Agape Meals



## Week 1: We All Gotta Eat

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*Better a small serving of vegetables with love than a fattened calf with hatred. (Proverbs 15:17)*

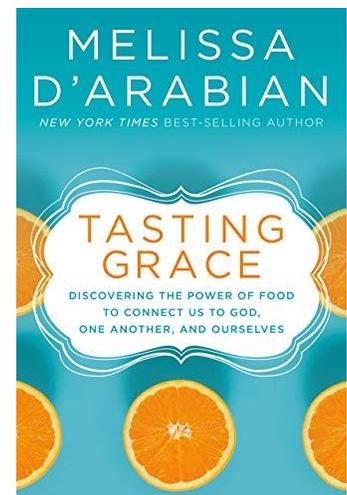
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### Food Unites

Food is one of God's great equalizers and unifiers. Everyone needs food to survive. Hunger hits us all the same. Without food, we realize quickly that we human beings are similar more than we're different. All of us also need God and his goodness and grace. Every meal we eat is a reminder of our shared dependence on God.

And every meal can be a reminder to share God's provision with others. Countless scriptural examples demonstrate our responsibility to share the earth's food. In Exodus, when the Israelites complained to God about their hunger as they were being delivered from Egyptian slavery, God offered them manna. This free food literally fell from the sky for people to pick up according to God's command to take only according to their need. No one was to hoard. When the people obeyed, "the one who gathered much did not have too much, and the one who gathered little did not have too little" (Exodus 16:18). Those with access were commanded to share the excess rather than assume privilege, and in fact if anyone did try to squirrel away extra manna for themselves, it became rotten and wormy and useless by morning. In the New Testament, Paul quoted this very verse from Exodus right after he declared, "The goal is equality" (2 Corinthians 8:14–15). This concept feels countercultural in today's system of consumer-goods allocation. But Jesus spent a lot of his time feeding the hungry. If you haven't read the book of Luke, I highly recommend it. Jesus ate his way through it, and he used food to equalize the marginalized and remind them—and everyone else—of their worth.

Jesus used food to break down the artificial, societal barriers we humans build. He fed the hungry, miraculously using small portions to serve many. And Jesus didn't just give food *to* the marginalized; he ate *with* them. It wasn't just what he gave but *who he sat with* to share a meal that unified. He welcomed the marginalized tax collector, the prostitute, the sinner, and the misfit to the table.



## **Bible Readings**

**Exodus 16:12, 31-32** “I have heard the Israelites’ complaints. Now tell them, ‘In the evening you will have meat to eat, and in the morning you will have all the bread you want. Then you will know that I am the Lord your God.’” ...The Israelites called the food manna. It was white like coriander seed, and it tasted like honey wafers. Then Moses said, “This is what the Lord has commanded: Fill a two-quart container with manna to preserve it for your descendants. Then later generations will be able to see the food I gave you in the wilderness when I set you free from Egypt.”

**Ezekiel 2:8-3:2** God said: “Son of man, I am sending you to the Israelites, to a rebellious nation that has rebelled against me; they and their ancestors have been in revolt against me to this very day. But you, son of man, listen to what I say to you. Do not rebel like that rebellious people; open your mouth and eat what I give you.” Then I looked, and I saw a hand stretched out to me. In it was a scroll, which he unrolled before me. On both sides of it were written words of lament and mourning and woe. And he said to me, “Son of man, eat what is before you, eat this scroll; then go and speak to the people of Israel.” So I opened my mouth, and he gave me the scroll to eat. Then he said to me, “Son of man, eat this scroll I am giving you and fill your stomach with it.” So I ate it, and it tasted as sweet as honey in my mouth.

**Luke 14:16-24** Then Jesus[d] said to him, “Someone gave a great dinner and invited many. At the time for the dinner he sent his slave to say to those who had been invited, ‘Come; for everything is ready now.’ But they all alike began to make excuses. The first said to him, ‘I have bought a piece of land, and I must go out and see it; please accept my regrets.’ Another said, ‘I have bought five yoke of oxen, and I am going to try them out; please accept my regrets.’ Another said, ‘I have just been married, and therefore I cannot come.’ So the slave returned and reported this to his master. Then the owner of the house became angry and said to his slave, ‘Go out at once into the streets and lanes of the town and bring in the poor, the crippled, the blind, and the lame.’ And the slave said, ‘Sir, what you ordered has been done, and there is still room.’ Then the master said to the slave, ‘Go out into the roads and lanes, and compel people to come in, so that my house may be filled. For I tell you,[e] none of those who were invited will taste my dinner.’”

## **Questions to Ponder**

1. What would think about having only quail (meat) and manna to eat, every day? Are there 2 foods you could eat daily?
2. Think about the most humbling meal you ever experienced – where was it, who was it with, why were you there, how did it feed your body and your faith?
3. What efforts or programs are you aware of that contribute to the equality of and access to food for all?

## **Recipes of the Week**

Everyone’s “favorite” dishes – your go-to recipe everyone seems to love to eat!

## **Notes:**