# Fellowship Through Shared Meals



Explore how sharing meals fosters deeper fellowship and spiritual growth in community over five days of Bible study and reflection.





#### Table of contents

Introduction	3
Day 1: The Table as a Place of Welcome	4
Day 2: Sereaking Bread Together with Jesus	10
Day 3: Mospitality as Christian Service	16
Day 4: Remembering Christ in Our Fellowship	22
Day 5: Crowing Closer Around the Table	28







#### Introduction

#### Welcome to this 5-day Bible study on fellowship through shared meals.

Throughout Scripture, meals are more than just occasions to satisfy hunger—they are sacred moments where relationships are nurtured, stories are exchanged, and God's love is tangibly experienced. As we gather around the table, we create space for connection, healing, and growth within the body of Christ.

From Abraham's hospitality to the early church's breaking of bread, shared meals weave a powerful thread through the biblical narrative, revealing God's heart for community. Jesus himself modeled this by dining with sinners and disciples alike, showing that table fellowship is one of the most profound ways to express grace, acceptance, and unity.

This study invites you to reflect on the spiritual significance of eating together and how it strengthens fellowship. Each day includes a primary Scripture passage, supporting verses, a devotional reflection, and journaling prompts designed to help you cultivate closer relationships through intentional sharing of meals.

Whether around a family dinner table, a church potluck, or a casual cup of coffee, may these insights inspire you to engage deeply with others, embracing the blessing of fellowship that God offers through shared meals.















#### Your Verse

Luke 24:30-31 - "When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him..."

#### **Supporting Scriptures**

- Psalm 23:5 "You prepare a table before me in the presence of my enemies."
- Romans 12:13 "Share with the Lord's people who are in need. Practice hospitality."







#### Devotional: Opening Our Tables to God and Others

Our journey begins at the welcoming table, an inviting place of encounter and recognition. In Luke 24:30–31, after Jesus' resurrection, He joins two disciples at a meal. It is at the breaking of bread that their eyes are opened and they recognize the risen Lord. This story reminds us that the simple act of sharing a meal can become a sacred moment where Jesus reveals Himself and fellowship deepens.

Meals create opportunities for welcome. When we open our homes or our hearts over food, we display hospitality—an ancient Christian virtue. Psalm 23 pictures God as one who prepares a table, symbolizing provision and peace. This imagery encourages us to extend God's welcome to others, making tables spaces where strangers become friends and burdens are shared.

As you gather with others this week, reflect on how your table can become a place where God invites His presence and people are truly seen and valued.







## Reflect and Apply

loes your current practice of sharing meals reflect hospitality and me?
at ways might you invite Christ into your table gatherings more ionally?
barriers might exist that keep you from fully embracing fellowship d meals?







## **Journaling Prompts**

1.	Write about a memorable meal where you felt deeply welcomed.
2.	List ways you can make your meals more inviting to others.
3.	Reflect on your feelings when hosting or attending shared meals.







## **Prayer for Today**

Lord, thank You for preparing a table of fellowship and welcome. Help me to open my heart and home to others, inviting Your presence into every meal I share. Teach me to see Your face in those around my table and to extend Your love through hospitality. May my table be a place where friendships deepen and hearts are healed. *Guide me to be a channel of Your grace as I gather with others.* 

















#### Your Verse

Acts 2:46 – "Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts."

#### **Supporting Scriptures**

- 1 Corinthians 10:16 "Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ?"
- John 6:35 "Jesus declared, 'I am the bread of life."







#### Devotional: Meal Time as Spiritual Communion

In the early church, breaking bread was central to community life. Acts 2:46 shows believers gathering daily to share meals with glad hearts. This regular practice of eating together built deep bonds, reinforced faith, and expressed gratitude for God's provision.

Sharing physical bread recalls the spiritual nourishment Jesus offers as the Bread of Life (John 6:35). Every meal shared with others is a chance to partake not only in food but in grace and new life. Paul reminds us that the cup and bread participate in Christ's sacrifice, connecting fellowship meals to worship and remembrance.

Consider how your shared meals can become occasions not only for social bonding but also for spiritual communion, where Christ is at the center.







## Reflect and Apply

How do your shared meals reflect participation in the life of Christ?
n what ways can you make meal gatherings a time of thanksgiving and worship?
Are there ways to deepen the spiritual significance of your mealtime fellowship?







## **Journaling Prompts**

1.	Describe a meal that strengthened your faith or spiritual connection.
2.	Write about how you can invite Christ into your meals more intentionally.
3.	Reflect on the impact of gratitude during shared meals in your life.







#### **Prayer for Today**

Jesus, Bread of Life, nourish my soul through every meal I share. Help me to remember Your presence in breaking bread and to offer thanks with true gladness. May my fellowship around the table reflect Your love and unite us in spirit and truth. Teach me to see each meal as a holy moment of communion with You and with others.

















#### Your Verse

Romans 12:13 – "Share with the Lord's people who are in need. Practice hospitality."

#### **Supporting Scriptures**

- Hebrews 13:2 "Do not forget to show hospitality to strangers."
- 1 Peter 4:9 "Offer hospitality to one another without grumbling."







#### Devotional: Serving Others Through Hospitality

#### Hospitality is a key expression of Christian fellowship through meals.

Romans 12:13 urges believers to share generously and practice hospitality. This service is not just about feeding the body but ministering to the soul by welcoming others into God's family.

Hebrews reminds us that offering hospitality to strangers is a command filled with blessing. Peter encourages cheerful and willing hearts in hospitality—showing it is an act of love, not obligation. When we feed others, we embody Christ's servant heart and build connections that mirror His inclusive kingdom.

Reflect on how your meal-sharing can be a ministry, opening doors for encouragement, comfort, and spiritual growth.







## Reflect and Apply

1.	What role does hospitality currently play in your Christian walk?
2.	How can you approach meal-sharing as an opportunity to serve and bless others?
3.	What challenges or joys do you experience in practicing hospitality?







## **Journaling Prompts**

1.	Recall a time when hospitality deeply impacted you—how did it feel?
2.	List practical ways you can serve others through shared meals.
	Write about attitudes or habits you need to change to become more hospitable.







#### Prayer for Today

Father, give me a servant's heart that welcomes others with joy and love. Help me to see hospitality as a sacred opportunity to serve Your people and bless strangers. May every meal I share be an act of grace and a reflection of Your kingdom's hospitality.









# Day 4: Remembering Christ in Our Fellowship









Day 4: 🖁 Remembering Christ in Our Fellowship

#### Your Verse

1 Corinthians 11:23–26 – "The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you... Do this in remembrance of me."

#### **Supporting Scriptures**

- Luke 22:19 "This is my body given for you; do this in remembrance of me."
- Matthew 26:26 "Jesus took bread, gave thanks and broke it, giving it to his disciples."







Day 4: Remembering Christ in Our Fellowship

#### Devotional: Communion: Unity and Remembrance

The Lord's Supper is the ultimate meal of Christian fellowship, charged with meaning and remembrance. In 1 Corinthians 11, Paul instructs the church to break bread in remembrance of Jesus' sacrifice, drawing the community into a profound spiritual unity.

Jesus' command to "do this in remembrance of me" turns a simple meal into a sacred ritual of gratitude and hope. This practice strengthens bonds not only among believers but also between us and Christ. It calls us to examine our hearts, reconcile with others, and renew our commitment to live in His love.

As you participate in or reflect on the Lord's Supper, consider how shared meals unite us in faith and call us to deeper fellowship.







Day 4: 🖁 Remembering Christ in Our Fellowship

## Reflect and Apply

How does participating in communion shape your understanding of fellowship?
What personal preparation helps you approach the Lord's Supper with reverence?
In what ways can shared meals help the church live out the unity symbolized in communion?







Day 4: 🖁 Remembering Christ in Our Fellowship

## **Journaling Prompts**

1.	Write about a meaningful communion experience and what it taught you.
2.	Reflect on how shared meals can model the unity of Christ's body.
	Describe steps you can take to prepare your heart for communion or fellowship meals.







Day 4: Remembering Christ in Our Fellowship

#### Prayer for Today

Lord Jesus, thank You for the gift of communion, where we remember Your sacrifice and renew our unity. Help me to approach the table with a humble and grateful heart, mindful of our shared calling as Your body. Bind us together in love and faith as we partake in this holy meal.

















#### Your Verse

Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."
- John 13:34–35 "Love one another. By this everyone will know that you are my disciples."







#### Devotional: Fellowship as Spiritual Growth Together

Our final day focuses on growth and support fostered through fellowship around meals. Ecclesiastes 4 highlights the strength found in partnership and mutual care. Sharing meals cultivates this closeness, providing time for encouragement and accountability.

Proverbs compares relationships to iron sharpening iron, illustrating how believers strengthen each other through honest, loving interaction. Jesus commands us to love one another—meals are intimate settings where this love is practiced and visible.

Consider your own table fellowship—how it helps you grow spiritually, emotionally, and relationally with others. May your shared meals be a source of grace and growth.







## Reflect and Apply

1.	How have shared meals helped you grow closer to others in faith?
	In what ways can meal-time fellowship offer encouragement and accountability?
	What steps can you take to deepen relationships through regular shared meals?







## **Journaling Prompts**

1.	Write about a relationship strengthened by sharing meals.
2.	List ways shared meals can promote spiritual growth and support.
3.	Plan a meal gathering focused on growth and fellowship—describe it.







#### **Prayer for Today**

God, thank You for the gift of fellowship that transforms and strengthens us. Help me to cherish and cultivate relationships through shared meals, that we may grow closer in love and faith. Teach us to uplift one another and reflect Your love to the world through our unity around the table.









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