# Sharing the Table: The Power of Meals in Relationships



Explore how sharing meals strengthens relationships, fosters community, and reflects God's love in this 7-day Bible study on the power of meals.





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#### Introduction

Welcome to *Sharing the Table*, a meaningful journey exploring the power of meals in building and nurturing relationships. Throughout history and Scripture, meals have been more than just sustenance; they are moments of connection, grace, and fellowship. From the intimate dinners Jesus shared with His disciples to the communal feasts described throughout the Bible, food acts as a profound symbol and vehicle for relationships.

In this study, you will discover how sharing meals serves as a spiritual practice that fosters love, reconciliation, and unity. Also, this journey invites reflection on the ways God uses tables — both literal and metaphorical — to weave together communities and call us into deeper relational awareness. Whether it's everyday family dinners, special celebrations, or spontaneous gatherings, meals offer opportunities to extend hospitality, show kindness, and experience vulnerability.

Sharing the Table will encourage you to rethink your own meals: How do you approach your table? What conversations do you invite? How does God speak to you through the simple act of eating alongside others? As you walk through these seven days, be open to how God might transform your relationships and use the meal as a sacred space for growth and healing.

May this study inspire you to embrace meals as more than nourishment for the body but as nourishment for the soul, strengthening your bonds with God and those around you.







# Day 1: The Table as a Place of Welcome









Day 1: The Table as a Place of Welcome

#### Your Verse

Luke 14:12 – "Then Jesus said to his host, 'When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbors...'

#### **Supporting Scriptures**

- Romans 12:13 "Share with the Lord's people who are in need. Practice hospitality."
- Hebrews 13:2 "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."







Day 1: [C] The Table as a Place of Welcome

#### Devotional: Opening Our Tables to Radical Welcome

Jesus invites us to view our tables as places of radical welcome. In Luke 14, He challenges cultural norms by encouraging hosts to extend invitations beyond their close circles, including those who cannot repay them. This reflects God's generous heart and desire for inclusive fellowship.

Sharing a meal is an accessible yet powerful act of hospitality that breaks down barriers. When we open our tables and homes, we create safe spaces where relationships begin and flourish—even with strangers or those marginalized by society.

Consider how your own table can become a place of welcome. Who might God be calling you to invite? How can you reflect the inclusive love of Christ during your meals?







Day 1: The Table as a Place of Welcome

## Reflect and Apply

	Who do you typically invite to share meals, and who might you be excluding?
2.	How can hospitality at your table mirror God's inclusive love?
	What fears or barriers prevent you from inviting others, and how might faith help overcome them?







Day 1: 🔯 The Table as a Place of Welcome

## **Journaling Prompts**

1.	Write about a memorable meal where you felt truly welcomed.
2.	List three people you could invite to share a meal in the coming month.
3.	Reflect on any hesitations you have about opening your table and why.







Day 1: [C] The Table as a Place of Welcome

#### Prayer for Today

Dear Lord, thank You for the gift of community and fellowship. Help me to open my heart and table to others, reflecting Your inclusive love. Remove any fear or judgment that hinders me from extending hospitality. Teach me to see every meal as an opportunity to welcome and bless others. May my home be a place where Your grace is experienced through shared food and relationship. In Jesus' name, Amen.  $\bigwedge$ 







# Day 2: **9** Communion and Covenant at the Table









Day 2: P Communion and Covenant at the Table

#### Your Verse

Luke 22:19–20 – "And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup..."

#### **Supporting Scriptures**

- 1 Corinthians 11:23–26 "For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread..."
- Matthew 26:26–28 "While they were eating, Jesus took bread, gave thanks and broke it..."







Day 2: Recommunion and Covenant at the Table

#### Devotional: Communion: A Covenant Through Shared Meal

The Lord's Supper is the ultimate example of how meals reveal God's covenantal love. In Luke 22, Jesus institutes communion, turning an ordinary meal into a sacred act that symbolizes His sacrifice and unbreakable relationship with us.

At the table, Jesus redefines community—our connection is sealed through His body and blood. This sacred meal calls us to remember His grace, reflect on our unity as His followers, and renew our commitment to live in relationship with God and each other.

Sharing in communion challenges us to consider how everyday meals might similarly build and renew relationships. How might you invite presence, remembrance, and covenant into your own shared meals?







Day 2: 🖁 Communion and Covenant at the Table

# Reflect and Apply

1.	What does communion reveal about God's relationship with you?
	How does the idea of covenant shape the way you approach meals with others?
	In what ways can ordinary meals reflect the sacred unity found in communion?







Day 2: 🖁 Communion and Covenant at the Table

## **Journaling Prompts**

1.	Describe what communion means to you personally.
2.	Write about a meal where you felt a deep sense of connection or renewal.
	Consider how you might incorporate moments of gratitude or remembrance into daily meals.







Day 2: 🖁 Communion and Covenant at the Table

#### **Prayer for Today**

**Lord Jesus, thank You for the gift of Your body and blood, given on the cross for my redemption.** Help me to approach every meal as an opportunity to remember Your great love and covenant. Teach me to foster unity and grace around the table, reflecting Your sacred sacrifice. May my shared meals build stronger bonds rooted in Your presence. Amen.  $\triangle$ 







# Day 3: Strangers Breaking Bread with Friends and Strangers









#### 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**

- Matthew 9:10 "While Jesus was having dinner at Matthew's house, many tax collectors and sinners were eating with him and his disciples."
- John 21:13 "Jesus came, took the bread and gave it to them, and did the same with the fish."







#### Devotional: Joy and Unity in Shared Meals

The early church exemplified the power of shared meals to build vibrant community. Acts 2 describes believers breaking bread with gladness, symbolizing fellowship, joy, and unity under Christ.

During His ministry, Jesus intentionally ate with those considered outcasts, demonstrating that meals transcend social divisions and call us to embrace others as we are. These shared moments invite vulnerability and deepen relationships.

Today, reflect on the joy and openness that sharing meals offers. How might breaking bread with friends and strangers cultivate sincerity and joy in your own relationships?







# Reflect and Apply

1.	How do shared meals encourage openness and vulnerability for you?
	What can you learn from Jesus' willingness to eat with all kinds of people?
3.	In what ways do meals contribute to authentic community in your life?







## **Journaling Prompts**

	Recall a time you shared a meal that changed your perspective on someone.
2.	Write about the role meals play in your friendships and community.
3.	Plan a meal where you intentionally invite someone new or unexpected.







#### Prayer for Today

Father, thank You for the gift of community and the joy found in sharing meals together. Help me to be open-hearted, welcoming both friends and strangers around my table. May I reflect Jesus' example of grace and inclusivity. Fill my heart with gladness and sincerity as I build relationships over food. Use these moments to draw us closer to You and one another. Amen.















#### Your Verse

John 21:9-13 - "When they landed, they saw a fire of burning coals there with fish on it, and some bread... Jesus said to them, 'Come and have breakfast.'"

#### **Supporting Scriptures**

- Luke 24:41–43 "And while they still did not believe it because of joy and amazement... Jesus took the broiled fish and ate it in their presence."
- 2 Corinthians 5:18 "All this is from God, who reconciled us to himself through Christ..."







#### Devotional: Healing Broken Bonds Over a Meal

**Meals have the power to restore and heal broken relationships.** After His resurrection, Jesus shared a simple breakfast with His disciples, offering peace and reconciliation amid their doubts and disappointments.

In this ordinary act, we see God's tenderness and desire to restore connection. Shared meals can be sacred spaces where forgiveness is offered, wounds are healed, and relationships renewed.

Consider how your meals might serve as moments of reconciliation in your relationships. Are there relational rifts that God might be calling you to bring before the table for healing?







# Reflect and Apply

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## **Journaling Prompts**

1.	Write about a meal that brought healing to a fractured relationship.
	Reflect on any current relational wounds and how you might approach healing meals.
3.	List practical ways to create space for reconciliation around your table.







#### Prayer for Today

Jesus, thank You for Your gentle presence and invitation to come and dine with You even amid brokenness. I ask for Your healing touch over relationships that feel strained or wounded. Help me to use meals as opportunities to extend grace, forgiveness, and reconciliation. Teach me to bring peace to the table and to receive Your restoration. May our shared meals become places where love overcomes hurt. Amen.  $\bigwedge$ 

















Day 5: ¶ Serving Others at the Table

#### Your Verse

Mark 10:45 – "For even the Son of Man did not come to be served, but to serve..."

#### **Supporting Scriptures**

- John 13:14 "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."
- Galatians 5:13 "Serve one another humbly in love."







Day 5: ¶ Serving Others at the Table

#### Devotional: Serving with Humility at Our Tables

Service is at the heart of meaningful relationships, and meals offer practical ways to live this out. Jesus, the ultimate Servant Leader, demonstrated humility by serving His disciples during a meal, redefining greatness through selfless love.

When we serve others at our tables—whether by cooking, inviting, or simply listening—we embody Christ's love and create environments where others feel valued and cared for.

Reflect on how service shapes your mealtime interactions. How can you cultivate humility and generosity at your table to deepen relationships?







Day 5:  $\P$  Serving Others at the Table

# Reflect and Apply

1.	How does serving at meals reflect the heart of Christ?
2.	In what ways can acts of service transform your relationships?
3.	What attitudes do you need to change to serve humbly around your table?







Day 5:  $\P$  Serving Others at the Table

## **Journaling Prompts**

1.	Reflect on a time you experienced joy in serving others during a meal.
2.	Write about how you might serve differently at your next shared meal.
3.	List simple ways to practice humility and generosity in mealtime settings.







Day 5: ¶ Serving Others at the Table

#### Prayer for Today

**Lord Jesus, thank You for showing me the true meaning of service through Your example.** Teach me to serve others with humility and love, especially during meals. Help me to listen, give, and care selflessly, demonstrating Your heart through every shared table. May my actions invite Your presence and bless those around me. Amen.









# Day 6: Fatitude at the Meal









Day 6: Fartitude at the Meal

#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 107:8 "Let them give thanks to the Lord for his unfailing love..."
- Colossians 3:17 "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."







Day 6: Fartitude at the Meal

#### Devotional: Cultivating Gratitude in Every Meal

Gratitude transforms ordinary meals into moments of worship and joy. Throughout Scripture, giving thanks before and after meals acknowledges God's provision and faithfulness.

Expressing gratitude centers our hearts on God and cultivates a spirit of contentment. It invites presence and mindfulness, reminding us that every blessing and relationship is a gift from God.

As you share meals, consider how gratitude shapes the atmosphere and deepens your connection with those around you. How can you cultivate a more thankful heart at the table?







Day 6: Fatitude at the Meal

## Reflect and Apply

1.	How does giving thanks affect your experience of meals?
2.	In what ways can gratitude improve your relationships at the table?
3.	What specific blessings are you mindful of during mealtime?







Day 6: Fatitude at the Meal

## **Journaling Prompts**

	List things you are grateful for related to your mealtimes and relationships.
2.	Write a short prayer of thanks for your next shared meal.
3.	Reflect on how gratitude has shaped recent interactions around food.







Day 6: Faratitude at the Meal

#### **Prayer for Today**

Gracious God, thank You for Your abundant provision and the blessing of each meal. Help me to cultivate a heart of gratitude, recognizing Your hand in every bite and every relationship shared at my table. May my thankfulness overflow, bringing peace and joy to those around me. Let all I do honor You. Amen.







# Day 7: Building Lasting Bonds Through Shared Meals









Day 7: 🌣 Building Lasting Bonds Through Shared Meals

#### 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 15:12 "My command is this: Love each other as I have loved you."







Day 7: 🌣 Building Lasting Bonds Through Shared Meals

# Devotional: Nurturing Enduring Relationships at the Table

Shared meals create fertile ground for relationships that endure and grow in love. Ecclesiastes reminds us that companionship strengthens us, and meals often serve as the setting where support and encouragement flow freely.

When we gather regularly to eat, share stories, and listen, we forge bonds that sharpen, sustain, and reflect God's love. This intentional presence draws us into deeper connection beyond the surface.

As you conclude this study, consider how you can continue building lasting relationships through the power of meals. How might you make shared meals a cornerstone of your relational life moving forward?







Day 7: 🎔 Building Lasting Bonds Through Shared Meals

# Reflect and Apply

1.	How have shared meals strengthened your closest relationships?
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2.	What practices can help you maintain and deepen relational bonds?
3.	How does loving others at the table mirror God's love for you?







Day 7: 🌣 Building Lasting Bonds Through Shared Meals

## **Journaling Prompts**

1.	Write about a relationship that has grown stronger through shared meals.
2.	Plan ways to incorporate regular shared meals into your relational life.
3.	Reflect on how you can model God's love through hospitality.







Day 7: 🌣 Building Lasting Bonds Through Shared Meals

#### Prayer for Today

Father, thank You for the gift of relationships and the power of shared meals.

Help me to nurture lasting bonds by creating space for connection, love, and encouragement at the table. May my meals be occasions of grace and growth, reflecting Your unfailing love. Empower me to love others as You have loved me. In Jesus' name, Amen. 🙏 💝 🏳 🖤







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