



# MORE THAN A MEAL

GOD'S TABLE OF HEALING,  
HOPE & HOSPITALITY

SMALL GROUP RESOURCE

 highrock

2022



## INTRODUCTION

# MORE THAN A MEAL

What's the most memorable meal you've ever had? What made it memorable? Maybe it was the quality of the food, but chances are good that it was the experience of the meal itself. The people you were with, the occasion you were celebrating, what the conversation was about, and what was different once the meal ended. Meals matter because often there's so much more than a meal happening! And we see this throughout the story of God and God's people. Like in any good story, food plays a prominent role! This fall, you're invited to pull up a seat and join us as we explore six significant meals from the Bible. Regardless of whether the meal is extravagant or ordinary, what happens around these tables has a profound impact on how we understand God, ourselves, and our purpose in God's world!

## Sermon Schedule\*

Week 1. The Lord's Supper

Week 2. Manna, Meat, and Daily Bread

Week 3. The Feeding of the 5,000

Week 4. The Parable of the Banquet

Week 5. Jesus and Zacchaeus

Week 6. Road to Emmaus

\*Sermon schedule is subject to change at the discretion of the pastors.

## Resource Overview

This is a small group companion to Highrock's *More than a Meal* sermon series. It's designed to be used with a small group, but it can also be used individually. Within the companion, you will find space each week for notes on the sermon and Scripture text, reflection questions, and prompts to discuss your reflection with others.

Group conversation always benefits when members have spent time reflecting before the meeting. The LISTEN section will prompt reflection as you listen to the sermon. The READ questions ask you to reflect on scriptures that relate to the topic for the week. REFLECT offers a starting point for group conversation and RELATE invites you to think about how what you discussed impacts how you engage with the world.

When considering the reflection questions, notice those that resonate with you and spend some time considering them. The goal is not to answer everything or have all the "right" answers—instead, let these questions serve as a starting point for curiosity in your conversation with God and others. See the Appendix of this guide for more resources and opportunities to engage with this study.

## Appendix Preview (see page 18)

Prayer: Before or after a Meal

Additional Reading

Community Partners

Individual Resources & Support

# Conversation Covenant

## About

We hope that all small group discussions are lively and enriching, but sometimes tough topics will be discussed. The Conversation Covenant\* is an agreement to hold respect and grace toward all participants within a small group, no matter the conversation. Please adhere to the Conversation Covenant or think about how to create one that fits your context.

\*Adapted from <https://conversational-leadership.net/conversation-covenant/>

*I pledge:*

**To act in good faith, with curiosity.** *I will assume the best about my conversation partners when entering into our groups. I will give the benefit of the doubt, recognizing that they may know something I don't.*

**To show respect.** *I will show respect. I will be polite and give due regard to the feelings and traditions of others. I understand that I do not have to agree with someone to show them respect.*

**To speak the truth.** *I won't use rhetorical tricks to try to win an argument. I will speak what I genuinely believe is the nuanced truth.*

**To aim to discover the truth.** *I will not enter into a conversation with the purpose of changing the mind of anyone to my way of thinking.*

**To focus on what we can change.** *I will focus on what we can do differently in the future since we cannot change what we did in the past.*

**To take responsibility for the conversation.** *I will take responsibility for the quality of the conversation and the abidance of the rules both in principle and in spirit.*

**To follow the covenant even when others fail to do so.** *I will abide by the rules regardless of whether another person breaks them.*

**To respect the confidentiality of the group.** *I will not share stories of group members verbally or in written form (including on social media and online outlets).*

**To lighten up and approach the conversation in good humor.** *I recognize that humor is a hallmark of a constructive, generative conversation and take the conversation in good humor.*

WEEK 1

# The Lord's Supper

**LISTEN** | Find sermons on Highrock Online's [YouTube channel](#).

Use this space to jot down notes from the sermon.

What are your initial reactions to the sermon? Note any curiosities or questions.

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Note themes, phrases, words of hope, healing, and/or hospitality.

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Are there new qualities of God and/or Jesus that struck you?

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**READ** | Scripture reflection after listening to the sermon.

[1 Corinthians 11:17-34](#) Reflect on themes of Hospitality and Inclusion.

17 In the following directives I have no praise for you, for your meetings do more harm than good. 18 In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. 19 No doubt there have to be differences among you to show which of you have God's approval. 20 So then, when you come together, it is not the Lord's Supper you eat, 21 for when you are eating, some of you go ahead with your own private suppers. As a result, one person remains hungry and another gets drunk. 22 Don't you have homes to eat and drink in? Or do you despise the church of God by humiliating those who have nothing? What shall I say to you? Shall I praise you? Certainly not in this matter! 23 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 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." 25 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." 26 For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 27 So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. 28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. 30 That is why many among you are weak and sick, and a number of you have fallen asleep. 31 But if we were more discerning with regard to ourselves, we would not come under such judgment. 32 Nevertheless, when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world. 33 So then, my brothers and sisters, when you gather to eat, you should all eat together. 34 Anyone who is hungry should eat something at home, so that when you meet together it may not result in judgment.

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## The Lord's Supper (Continued)

**REFLECT** | Discuss 3-4 of the prompts below with your small group.

- Discuss with your group the observations, curiosities, and/or questions that came up during the Listen and Read sections.
- Talk about significant meals you've shared. What was memorable and why? What is symbolized by sharing a meal with a person or people? What was significant about the meal discussed this week?
- What do this meal and story tell us about what it means to be the Church? What warnings are important to heed?
- What does it look like to incorporate the hospitality and freedom Pastor Dave discusses? What might feel like costs to you? What would feel like freedom?

**RELATE** | Conclude your small group time with these questions.

What might God be inviting you to do, pray, or consider through this week's reading and sermon? A next step might be:

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Share how you are feeling invited to practice hospitality this week. It could be through sharing a meal, practicing a hospitable attitude, opening your home, or something different!

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Someone (else) I'd like to talk about this with is \_\_\_\_\_

### PRAY

From Original Highrock Prayer for Illumination, 9/11/22

*"O God, let us receive your truth just as we'd receive a favorite meal – eagerly and joyfully! Satisfy our deep longings and nourish our spirits through your Holy Word, we ask in Jesus' name, Amen."*

# Manna, Meat, and Daily Bread

**LISTEN** | Find sermons on Highrock Online's [YouTube channel](#).

Use this space to jot down notes from the sermon.

What are your initial reactions to the sermon? Note any curiosities or questions.

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Note themes, phrases, words of hope, healing, and/or hospitality.

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Are there new qualities of God and/or Jesus that struck you?

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**READ** | Scripture reflection after listening to the sermon.

[Exodus 16](#) Reflect on themes of Provision and God's faithfulness.

The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. 2 In the desert the whole community grumbled against Moses and Aaron.

3 The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

4 Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. 5 On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."

6 So Moses and Aaron said to all the Israelites, "In the evening you will know that it was the Lord who brought you out of Egypt, 7 and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?"

8 Moses also said, "You will know that it was the Lord when he gives you meat to eat in the evening and all the bread you want in the morning because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the Lord." 9 Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the Lord, for he has heard your grumbling.'" 10 While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the Lord appearing in the cloud.

11 The Lord said to Moses, 12 "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.'"

13 That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. 14 When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. 15 When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was.

## Manna, Meat, and Daily Bread (continued)

Moses said to them, “It is the bread the Lord has given you to eat. 16 This is what the Lord has commanded: ‘Everyone is to gather as much as they need. Take an omer for each person you have in your tent.’”

17 The Israelites did as they were told; some gathered much, some little. 18 And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.

19 Then Moses said to them, “No one is to keep any of it until morning.”

20 However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.

21 Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. 22 On the sixth day, they gathered twice as much—two omers for each person—and the leaders of the community came and reported this to Moses. 23 He said to them, “This is what the Lord commanded: ‘Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.’”

24 So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. 25 “Eat it today,” Moses said, “because today is a sabbath to the Lord. You will not find any of it on the ground today. 26 Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.”

27 Nevertheless, some of the people went out on the seventh day to gather it, but they found none. 28 Then the Lord said to Moses, “How long will you refuse to keep my commands and my instructions? 29 Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.” 30 So the people rested on the seventh day.

31 The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey. 32 Moses said, “This is what the Lord has commanded: ‘Take an omer of manna and keep it for the generations to come, so they can see the bread I gave you to eat in the wilderness when I brought you out of Egypt.’”

33 So Moses said to Aaron, “Take a jar and put an omer of manna in it. Then place it before the Lord to be kept for the generations to come.”

34 As the Lord commanded Moses, Aaron put the manna with the tablets of the covenant law, so that it might be preserved. 35 The Israelites ate manna forty years, until they came to a land that was settled; they ate manna until they reached the border of Canaan.

36 (An omer is one-tenth of an ephah.)

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## Manna, Meat, and Daily Bread (continued)

**REFLECT** | Discuss 3-4 of the prompts below with your small group.

- Discuss with the group the observations, curiosities, and/or questions that came up during the Listen and Read sections.
- In our culture, where there is constant pressure to have more or feel how much you lack, what does it mean to be satisfied/have enough?
- How do you find yourself relating to the community in this passage? What would you have struggled with or found comforting about this meal?
- What do you depend on daily? Do you find it satiating for body or spirit? Discuss small or significant things.
- In seasons of abundance or scarcity, what can you take away from this example of God's provision in the desert?

**RELATE** | Conclude your small group time with these questions.

What might God be inviting you to do/pray/consider through this week's reading and sermon?  
A next step might be:

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As you go through your week, prayerfully ask God to show you the provision and faithfulness you haven't been noticing.

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Someone (else) I'd like to talk about this with is \_\_\_\_\_

## PRAY

From Original Highrock Prayer for Illumination, 9/18/22

*"O God, you have provided for your people so faithfully in so many seasons of history. Let us feed on your Holy Word, delight in your provision, and know that you have given us what we need most. Amen."*



WEEK 3

# The Feeding of the 5,000

**LISTEN** | Find sermons on Highrock Online's [YouTube channel](#).

Use this space to jot down notes from the sermon.

What are your initial reactions to the sermon? Note any curiosities or questions.

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Note themes, phrases, words of hope, healing, and/or hospitality.

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Are there new qualities of God and/or Jesus that struck you?

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**READ** | Scripture reflection after listening to the sermon.

[Matthew 14:13-21](#) (present in all Gospels) Reflect on themes of Offering and God's Provision.

13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. 14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. 15 As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food." 16 Jesus replied, "They do not need to go away. You give them something to eat." 17 "We have here only five loaves of bread and two fish," they answered. 18 "Bring them here to me," he said. 19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. 20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. 21 The number of those who ate was about five thousand men, besides women and children.

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## The Feeding of the 5,000 (continued)

**REFLECT** | Discuss 3-4 of the prompts below with your small group.

- Discuss with the group the observations, curiosities, and/or questions that came up during the Listen and Read sections.
- If you were to name the loaves and fishes you offer to God, what would you say they were? Discuss how you feel God receives them in light of the text and sermon.
- Do you feel like what you have to offer is ever not enough? What makes that feeling stronger and what helps you overcome that mindset?
- Consider the implications of having a posture where God can multiply what we offer rather than criticize or minimize it. How could this outlook be a blessing to the church and your community? Would it change how gracious you are with yourself and others?

**RELATE** | Conclude your small group time with these questions.

What might God be inviting you to do/pray/consider through this week's discussion? A next step might be:

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What in your week feels like you don't have the "loaves and fish" you think you need? Name these as a group and pray together to entrust these to God. Then this week, prayerfully ask God to show you provision and sufficiency. Follow up next week with how this mindfulness went and what you noticed.

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Someone (else) I'd like to talk about this with is \_\_\_\_\_

## PRAY

From Original Highrock Prayer for Illumination, 9/25/22

*"O God, inspire us as we receive the scriptures now to find satisfaction in Jesus and live in the abundance he creates. Some of us feel like we don't have enough today – let us be reminded that in Christ we have everything we need. Amen."*

# The Parable of the Banquet

**LISTEN** | Find sermons on Highrock Online's [YouTube channel](#).

Use this space to jot down notes from the sermon.

What are your initial reactions to the sermon? Note any curiosities or questions.

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Note themes, phrases, words of hope, healing, and/or hospitality.

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Are there new qualities of God and/or Jesus that struck you?

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**READ** | Scripture reflection after listening to the sermon.

[\(Luke 14:15-27\)](#) Reflect on themes of full life and Jesus' care for the oppressed.

15 When one of those at the table with him heard this, he said to Jesus, "Blessed is the one who will eat at the feast in the kingdom of God." 16 Jesus replied: "A certain man was preparing a great banquet and invited many guests. 17 At the time of the banquet he sent his servant to tell those who had been invited, 'Come, for everything is now ready.' 18 "But they all alike began to make excuses. The first said, 'I have just bought a field, and I must go and see it. Please excuse me.' 19 "Another said, 'I have just bought five yoke of oxen, and I'm on my way to try them out. Please excuse me.' 20 "Still another said, 'I just got married, so I can't come.' 21 "The servant came back and reported this to his master. Then the owner of the house became angry and ordered his servant, 'Go out quickly into the streets and alleys of the town and bring in the poor, the crippled, the blind and the lame.' 22 "'Sir,' the servant said, 'what you ordered has been done, but there is still room.' 23 "Then the master told his servant, 'Go out to the roads and country lanes and compel them to come in, so that my house will be full. 24 I tell you, not one of those who were invited will get a taste of my banquet.'" 25 Large crowds were traveling with Jesus, and turning to them he said: 26 "If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. 27 And whoever does not carry their cross and follow me cannot be my disciple.

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## Parable of the Banquet (continued)

**REFLECT** | Discuss 3-4 of the prompts below with your small group.

- Discuss with the group the observations, curiosities, and/or questions that came up during the Listen and Read sections.
- What are the roles of mealtimes in your life? Do they tend to be a reminder of connectivity or perhaps not?
- What was the role of the meal in this story? What does this parable highlight about the habits and attitudes of the people?
- Consider your meal habits. Who do you share meals with? Where do you do your food shopping, get takeout, or eat out? Do these patterns reveal anything about communities you might avoid intentionally or unintentionally?

**RELATE** | Conclude your small group time with these questions.

What might God be inviting you to do/pray/consider through this week's discussion? A next step might be:

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What are ways you can practice radical hospitality that models Jesus' compassion for the oppressed?

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Someone (else) I'd like to talk about this with is \_\_\_\_\_

## PRAY

From Original Highrock Prayer for Illumination, 10/2/22

*"O God, you invite all people – those with little and those with much – to come and feast at your heavenly table. Let us set aside all that distracts us, that we may follow you more closely, and join you in welcoming more and more at your table. Amen."*

# Jesus and Zacchaeus

**LISTEN** | Find sermons on Highrock Online's [YouTube channel](#).

Use this space to jot down notes from the sermon.

What are your initial reactions to the sermon? Note any curiosities or questions.

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Note themes, phrases, words of hope, healing, and/or hospitality.

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Are there new qualities of God and/or Jesus that struck you?

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**READ** | Scripture reflection after listening to the sermon.

[Luke 19:1-26](#) Reflect on themes of the Unexpected and Restoration.

Jesus entered Jericho and was passing through. 2 A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. 3 He wanted to see who Jesus was, but because he was short he could not see over the crowd. 4 So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

5 When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." 6 So he came down at once and welcomed him gladly.

7 All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

9 Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. 10 For the Son of Man came to seek and to save the lost."

The Parable of the Ten Minas

11 While they were listening to this, he went on to tell them a parable, because he was near Jerusalem and the people thought that the kingdom of God was going to appear at once. 12 He said: "A man of noble birth went to a distant country to have himself appointed king and then to return. 13 So he called ten of his servants and gave them ten minas. 'Put this money to work,' he said, 'until I come back.'

14 "But his subjects hated him and sent a delegation after him to say, 'We don't want this man to be our king.'

15 "He was made king, however, and returned home. Then he sent for the servants to whom he had given the money, in order to find out what they had gained with it.

16 "The first one came and said, 'Sir, your mina has earned ten more.'

## Jesus and Zacchaeus (continued)

17 “Well done, my good servant!’ his master replied. ‘Because you have been trustworthy in a very small matter, take charge of ten cities.’

18 “The second came and said, ‘Sir, your mina has earned five more.’

19 “His master answered, ‘You take charge of five cities.’

20 “Then another servant came and said, ‘Sir, here is your mina; I have kept it laid away in a piece of cloth. 21 I was afraid of you, because you are a hard man. You take out what you did not put in and reap what you did not sow.’

22 “His master replied, ‘I will judge you by your own words, you wicked servant! You knew, did you, that I am a hard man, taking out what I did not put in, and reaping what I did not sow? 23 Why then didn’t you put my money on deposit, so that when I came back, I could have collected it with interest?’

24 “Then he said to those standing by, ‘Take his mina away from him and give it to the one who has ten minas.’

25 “‘Sir,’ they said, ‘he already has ten!’

26 “He replied, ‘I tell you that to everyone who has, more will be given, but as for the one who has nothing, even what they have will be taken away.’

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## Jesus and Zacchaeus (continued)

**REFLECT** | Discuss 3-4 of the prompts below with your small group.

- Discuss with the group the observations, curiosities, and/or questions that came up during the Listen and Read sections.
- Read the passage together. Which characters do you resonate with: Zacchaeus, the onlooking crowd, another character? Why?
- What can we learn from Jesus' surprising interaction with Zacchaeus as well as Zacchaeus' surprising response to Jesus?
- How might you have felt seeing Jesus pay attention to someone like Zacchaeus the tax collector? Who would be a modern stand-in for his role in this story?
- What can this interaction teach us about being the Church? What does it teach us about the love of God?

**RELATE** | Conclude your small group time with these questions.

What might God be inviting you to do/pray/consider through this week's discussion? A next step might be:

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How can you practice surprising hospitality this week? Whom would it be surprising to? Is there a cost for you to consider: reputation, relationships, or something else?

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Someone (else) I'd like to talk about this with is \_\_\_\_\_

## PRAY

From Original Highrock Prayer for Illumination, 10/9/22

*"O God, you are exceedingly generous and you spare nothing to care for your people. As we receive your Word now, inspire us to show generosity and hospitality like you do. We ask in Jesus' name, Amen."*

# The Road to Emmaus

**LISTEN** | Find sermons on Highrock Online's [YouTube channel](#).

Use this space to jot down notes from the sermon.

What are your initial reactions to the sermon? Note any curiosities or questions.

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Note themes, phrases, words of hope, healing, and/or hospitality.

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Are there new qualities of God and/or Jesus that struck you?

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**READ** | Scripture reflection after listening to the sermon.

[Luke 24:13-35](#) Reflect on themes of Hospitality and Presence.

13 Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16 but they were kept from recognizing him.

17 He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. 18 One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

19 "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. 20 The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; 21 but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. 22 In addition, some of our women amazed us. They went to the tomb early this morning 23 but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. 24 Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

25 He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! 26 Did not the Messiah have to suffer these things and then enter his glory?" 27 And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

28 As they approached the village to which they were going, Jesus continued on as if he were going farther. 29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31 Then their eyes were opened and they recognized him, and he disappeared from their sight. 32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"





## The Road to Emmaus (continued)

**REFLECT** | Discuss 3-4 of the prompts below with your small group.

- Discuss with the group the observations, curiosities, and/or questions that came up during the Listen and Read sections.
- How were these men practicing hospitality to this person they thought was a stranger?
- Having their eyes opened to Jesus would have been a huge revelation. Consider together what seeing Jesus after he was crucified would have meant to them.
- Have you ever experienced eye-opening hospitality? Take some time to share your stories.
- How can you break bread with others so that they might experience God's love? How might this practice also grow your own faith and trust in God?

**RELATE** | Conclude your small group time with these questions.

What might God be inviting you to do/pray/consider through this week's discussion? A next step might be:

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What are ways you or your small group can practice hospitality in your day-to-day lives that offers a witness to God's love (to your neighbors, family, friends, and even "enemies")?

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Someone (else) I'd like to talk about this with is \_\_\_\_\_

## PRAY

From Original Highrock Prayer for Illumination, 10/16/22

*"O God, you show up in unexpected places and offer unexpected gifts of grace and love. Let each of us, through all our senses, experience your presence and your provision as we receive your Word now. In Jesus' name we pray, Amen."*

# Appendix

Below are a few resources to look into if you are interested in diving deeper into some of the topics covered in this series. If you need resources that more specifically address your own experience, demographic, or faith journey, please reach out to a Highrock pastor or to [smallgroups@highrock.org](mailto:smallgroups@highrock.org) and we will be happy to help!

## **Prayer: Before or After a Meal<sup>1</sup>**

Lord God, Creator of all,  
in your wisdom,  
you have bound us together so that we must depend on others  
for the food we eat, the resources we use,  
the gifts of your creation that bring life, health, joy.

### **Creator God, we give thanks.**

Holy be the hands that sew our clothes so that we do not go naked;  
sacred be the hands that build our homes so that we do not have to be cold;  
blessed be the hands that work the land so that we do not have to go hungry.

### **Creator God, we give thanks.**

Holy be the feet of all who labor so that we might have rest;  
sacred be the feet of all who run swiftly to stand with the oppressed;  
blessed be the feet of all whose bodies are too broken or weary to stand.

### **Creator God, we give thanks.**

Holy be the sound of children laughing to take away our sorrow;  
sacred be the sound of water falling to take away our thirst;  
blessed be the sound of your people singing to heal our troubled hearts.

### **Creator God, we give thanks.**

Holy be the bodies of those who know hunger;  
sacred be the bodies of those who are broken;  
blessed be the bodies of those who suffer.  
In your mercy and grace,  
soften our callous hearts and  
fill us with gratitude for all the gifts you have given us.  
In your love,  
break down the walls that separate us  
and guide us along your path of peace,  
that we might humbly worship you in Spirit and in truth.  
Amen

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<sup>1</sup> Wilson-Hartgrove, Jonathan, and Enuma Okoro. *Common Prayer: A Liturgy for Ordinary Radicals*, Zondervan, Grand Rapids, MI, 2015, p. 553.

## Additional Reading

- [Edible Theology](#) by Kendall Vanderslice
- [Set Boundaries, Find Peace](#) & [workbook](#) by Nedra Glover Tawwab
- [Eat This Book](#) by Eugene Peterson
- [Difficult Conversations](#) by Stone, Patton, and Neen

## Partner Organizations

- Keep an eye out for the More Than a Meal Campaign which will offer opportunities to hear from and support Highrock's Partner Organizations. A short introduction to each one is below.

### **Neighbor 2 Neighbor**

Based out of Highrock Arlington, Neighbor 2 Neighbor offers food and relationship to the members of the Menotomy Manor housing community through weekly visitation and friendship.

### **Community Partners**

Based out of Highrock Lexington, Community Partners hosts monthly dinners for a community of people with emotional disabilities. They have extended companionship and friendship for several decades!

### **[Kisoboka](#)**

The mission of Kisoboka is to provide the Ugandan people, specifically in the village of Baka, access to quality education, vocational and skills training, small business assistance, community services such as medical care, safe drinking water, and mosquito nets, plus basic necessities like housing, food, and clothing.

### **[Mision de Caridad](#)**

Misión de Caridad provides programs and resources for refugee, migrant, and vulnerable women and children on the Mexico side of the U.S. border.

### **[Kithu Sevana](#)**

Kithu Sevana is a church movement in Sri Lanka that serves impoverished people in remarkable ways, such as food distribution, partnering with local hospitals, and more!

### **India for Christ Ministries**

IFCM is a longstanding Highrock partner, caring for some of the world's most under-resourced people through medical and food services, not to mention spiritual care and discipleship.

## General Resources for Individual Support

- [Spiritual Practices](#)
- [Mental Health Resources](#)
- [Lament Liturgy](#)
- [Boston Area Community Aid](#)
- [Parenting & Kids—Understanding each other through Milestones](#)