

# Bible Study 1: All Good Gifts Around Us - Celebrating Food

## 1. Breaking Bread

Start the Bible Study by breaking bread together in a circle, passing the bread and wine from one person to the next and contemplating the good gifts that God has given us. To create a peaceful atmosphere, you could turn off the lights, light a few scented candles and play some music.

## 2. Food Pictionary

God has created such an incredible array of food to sustain us and excite our taste buds! Hand out pens and paper and take time for each person to think about their favourite type of food. Ask everyone in the group to draw their favourite food on a small piece of paper and then go round the circle one at a time, showing the pictures and guessing what kind of food it is, before the individual explains why he/she loves that particular food!

## 3. Bible Focus: Genesis 1: 26-31 (The Message)

God spoke:

"Let us make human beings in our image,  
make them reflecting our nature so they can be responsible  
for the fish in the sea, the birds in the air, the cattle, and, yes, Earth itself,  
and every animal that moves on the face of Earth."

God created human beings;  
he created them godlike, reflecting God's nature.

He created them male and female.

God blessed them:

"Prosper! Reproduce! Fill Earth! Take charge!  
Be responsible for fish in the sea and birds in the air,  
for every living thing that moves on the face of Earth."

Then God said,

"I've given you every sort of seed-bearing plant on Earth  
and every kind of fruit-bearing tree, given them to you for food.  
To all animals and all birds, everything that moves and breathes,  
I give whatever grows out of the ground for food."

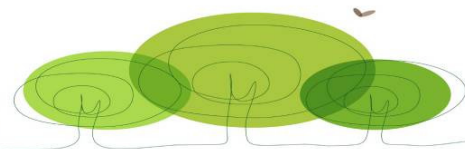
And there it was.

God looked over everything he had made;  
it was so good, so very good!

It was evening, it was morning - Day Six.

## 4. Thought for Food

- From this Bible passage, how do you think God sees food?
- What are the most bizarre looking foods we can think of (NB, if you can't think of any, check out Romanesco broccoli!)?
- What are the most delicious foods we can think of?
- What do these extraordinarily created & deliciously tasty foods tell us about the Creator?
- What new ways can we think of to celebrate food more as a church body?
- How often do we prepare food and eat together as a church / small group? Could we do this more?



## 5. Sharing Stories

Take time to think about the way that sharing food with others has created unity, excitement and helped to deepen relationships. For example, think about a significant meal you shared over the past year with friends / family / strangers / a community group. What was the atmosphere like round the table? What were the tastes, smells, sights and sounds that you remember? Go round the group sharing these stories.

## 6. Prayer

Thank God for the gift of food. You could also ask Him to show you more about the way He sees food and the potential cooking together and sharing food has for bringing about close-knit communities.

## 7. Suggested Film: Babette's Feast

If you meet regularly, why not try watching the art-house film 'Babette's Feast' together on another night of the week? This story shows the transformative power of food, as a whole Danish community is changed and relationships are healed by one French woman's gift of a top-notch meal! You could even try baking some bread together before the film?! The film is available from sources including [www.amazon.co.uk](http://www.amazon.co.uk) and [www.lovefilm.com](http://www.lovefilm.com).

### What Do I Need?

- Bread and Wine for Communion
- Pens and Paper for Food Pictionary
- Babette's Feast (optional)

