

Life Group Notes – Sunday 22nd July

‘Mind the Gap – Food’

Group Study

Read: Acts 27:27-38

- In the passage we read that the sailors hadn't eaten for fourteen days because they had been in constant suspense. Do you find that stress affects your eating habits?
- What might be a more Biblical response to stress (Psalm 121:1-2)?
- What other things change your eating habits and do you believe that these changes are in line with Biblical teachings?
- In the passage we read that Paul gave thanks for the meal before they ate. How important is it that we make meal times an opportunity to remember God's provision?
- On what other occasions does God encourage us to use food to remember His provision and faithfulness?

Read I Corinthians 6:19-20

- Do you believe that this passage points us towards healthy eating?
- Apart from health concerns, what other factors influence how we choose what we eat?
- Do Christians have a responsibility to choose their food ethically making sure that animals are treated well and workers receive a fair wage (Proverbs 12:10; James 5:1-6)?

Read Luke 14:12-13

- This passage encourages us to eat with those we don't know and who need our hospitality. How does the idea of inviting strangers to your house for dinner make you feel?
- How can we challenge ourselves to better follow this Biblical principle?

Prayer

- Spend time praying about any issues with food that have arisen as a result of your discussion.

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