



Week 1:

How to Have Supper

Shared meals were an essential part of Jesus' ministry, and the basis for our sacrament of the Eucharist. As Christians following Jesus' example, we gather together at One Table.

But many of us have lost the art of the shared meal. We eat together less frequently and spend less time doing so. Why was supper so important to Jesus, and how can we reclaim it as Christians?

That Jesus chose a meal, not a talk in the temple or a sermon on the mount, should not be lost on us. Christ chose a last supper because the table was a place of community, the meal a time of celebration. He was among friends, people he loved.

Gary Graf,
And God Said, "Let's Eat"



Learn More on the Website:

Meals Were (Very) Important to Jesus

Learn how Luke's gospel is almost all about meals, how Jesus used meals to teach, and how hungry Jesus was when he was resurrected.

Listen to the Science

Surveys show families are sharing meals less and spending less time together when they do. Watch a video to learn the positive effects of regular family meals (you might be surprised).

How to Have Supper

Ready to try? How should following Jesus affect how we eat meals? Follow these practical tips to get your supper on the right track.



Visit
<http://gospel.link/one-table>

GOSPEL LINK HOME UPCOMING SERIES

ONE TABLE
HOW TO HAVE SUPPER

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MEALS WERE (VERY) IMPORTANT TO JESUS
HOW JESUS USED MEALS

Jesus used meals as opportunities to teach and witness to a new way, the way of God's kingdom. He challenged social norms in a way that ultimately got him killed. He used meals to:

- eat with everyone: the outcasts, sinners, the rich and poor, friends and strangers.
- challenge the religious laws
- perform miracles
- challenge social norms
- forgive
- offer fellowship, hospitality, and celebration

[T]he Son of Man has come eating and drinking, and you say, "Look, a glutton and a drunkard, a friend of tax collectors and sinners!"

Jesus, in Luke 7:34 (NRSV)