

The Life Challenge

"I came that they may have life and have it abundantly." John 10:10

Title: The Joy of Feasting
Text: 1 Timothy 4:3-5
Speaker: Steve Berg
Date: October 10, 2021



WARM-UP

What opinions and attitudes do you have about food and the meals that you prepare and eat? What memory do you have of a wonderful "celebration feast?"

DISCUSSION

Before you consider the discussions questions, reflect and share about your Thanksgiving weekend celebrations:

- What experience stood out for you?
- Was there a moment when you felt that God was speaking to you?

Steve commented in his opening thoughts that we are so privileged to have so much to eat, we might think we do not need any teaching about feasting. It is actually the spiritual discipline of fasting that we would be far better off to learn about and practice. And while it is true - fasting is undervalued and under-practiced - true feasting is also in decline through familiarity and lack of spiritual purpose. Perhaps, most of us have never given any serious thought to what it might mean to feast with Christ-honoring intentionality.

- So what do you think it might mean to feast with Christ-honoring intentionality?

Food is Good - Food is Clean:

- How does the biblical teaching about food compare to our current cultural values about food? (Consider Genesis 1:29-30; Psalm 145:15; Ecclesiastes 2:24)
- What are your thoughts about eating food that is clean? (Mark 17:18-19; 1 Corinthians 6:19-20)

Feasting to Taste God's Supernatural Goodness:

- The Old Testament worship was organized around a calendar of feasts. What is the significance of Jesus who became the great culmination of the Jewish feasts? (Colossians 2:16; Romans 14:5)
- A true feast is bigger than the food. The center is God and his greatness and grace toward us in Christ (Romans 14:17). The feast is about the Christ-honoring celebration of some specific occasion together. So how do you think good food and drink, in abundance, with family and friends can accentuate our appreciation and enjoyment of God and His goodness and grace toward us in Christ?

Plan and Present the Feast as a Christ-Honoring Event

- What are your creative thoughts about planning and presenting your future feasts as Christ-honoring events? (1 Timothy 4:3-5)