

EQUIPPING

for intergenerational ministry

Welcoming Jesus to our table



Often our meal times at home are rushed. Food is eaten quickly before moving to the next task. Having food to eat is something to be appreciated. Having someone else to eat with is even more special. Sharing a mealtime together around a table allows for caring conversations to take place.

In our Lutheran tradition many of us start meal times together with prayers such as *Come Lord Jesus be our guest, and let this food to us be blessed. Amen.* Jesus is with us even if we don't ask him to be present. But, trusting in his promise, we are asking him to come and be our guest and be present with us. Jesus truly is the unseen guest at our tables and he desires to minister to us with his grace even at our kitchen tables.

Our Lutheran Confessions teach us that God is extravagantly rich in his grace. God is with us and shares his grace with us in

many ways including the spoken word, in which forgiveness of sins is proclaimed to the whole world, and also through the mutual conversation and consolation of the brothers and sisters. (see: Book of Concord Smalcald Articles, Part III, Article 4)

How amazing it is that God is present ministering to us with his grace even through the caring conversations and the support we give to one another. Our kitchen table is a great place to celebrate this. So, how could we increase our awareness of God's presence with us as we gather at our kitchen tables to eat and talk?

Here are some ideas:

1. When you pray 'Come Lord Jesus', pray it with the confidence that Jesus is truly present with you and will minister to you through the conversations you share.
2. Use mealtimes to build up and encourage one another. Share your highs and lows. Be prepared to forgive and ask for forgiveness.
3. Add a devotional practice to your mealtime. Open your Bible, read slowly and listen for Jesus speaking to you through his holy word.
4. Set aside a family mealtime once a week to recall some of the special meals Jesus shared with his disciples. Discuss what it means to love and serve one another as Jesus loves and serves us.



Use mealtimes as more than just a daily necessity but also as a daily opportunity for God to minister to us through each other.

- Honour Jesus as our guest by listening to him speak to us through scripture and through one another.
- Share food and serve with joyful hearts.
- Acknowledge that Jesus has provided our food.
- Turn off our TV and devices, and be open to sharing with one another.
- Conclude our meals with prayers for each other and our world, a blessing or even a song of thanks.

Understand that such meals around our kitchen table are not to be confused with the meal of holy communion that we share in when we physically gather as a congregation at the Lord's Table. There we acknowledge Jesus' presence coming to us in the bread and the wine. Around our kitchen table, we acknowledge Jesus' presence coming to us through the love and care we share and the scriptures that we dwell in. Both tables are sacred. Both are places where God shows his extravagant grace.

If you would like more information on how you can celebrate God's presence with you around your kitchen table check out the Grow Ministries *Growing Faith Moments* and *Growing Faith at Home* to get ideas for:

- Mealtime prayers
- Caring conversations
- Devotions
- Acts of service and
- Rituals and Traditions.



Growing
FAITH
at home



Growing
FAITH
moments

Here are some prayers to
get you started



Come Lord Jesus be our guest, and let this food to us be blessed. Amen

Be present at our table Lord, be here and everywhere adored, these mercies bless and grant that we, may feast in paradise with thee. Amen

Dear Jesus, thank you that you are always with us and promise to show your love for us in so many ways including in the care and support we share as family. Bless the times we share together with you at our kitchen table. Help us to always honour you as our guest by listening to your word and including you in our family conversations. Amen

Dear Jesus, you have promised us an amazing feast with you in heaven forever. You give us a foretaste when we gather with our congregation at your table together. Right now, Lord Jesus, we ask that you come and be our guest at our kitchen table too, that the food we eat and the love we share may bring praise and glory to you. Amen

