

## DISCUSSION GUIDE

# soul food

When a meal with Jesus  
was more than food

### OPENING UP



Share a story about a meal you've had with a neighbor, or a story of how you've moved from stranger to acquaintance, or from acquaintance to friend.

### TEXT



#### Jesus Appears to His Disciples | Luke 24:36-49

<sup>36</sup> As they were talking about these things, Jesus himself stood among them, and said to them, "Peace to you!" <sup>37</sup> But they were startled and frightened and thought they saw a spirit. <sup>38</sup> And he said to them, "Why are you troubled, and why do doubts arise in your hearts? <sup>39</sup> See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have." <sup>40</sup> And when he had said this, he showed them his hands and his feet. <sup>41</sup> And while they still disbelieved for joy and were marveling, he said to them, "Have you anything here to eat?" <sup>42</sup> They gave him a piece of broiled fish, <sup>43</sup> and he took it and ate before them.

<sup>44</sup> Then he said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled." <sup>45</sup> Then he opened their minds to understand the Scriptures, <sup>46</sup> and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, <sup>47</sup> and that repentance for <sup>48</sup> the forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem. <sup>48</sup> You are witnesses of these things. <sup>49</sup> And behold, I am sending the promise of my Father upon you. But stay in the city until you are clothed with power from on high."

### MESSAGE OUTLINE



**Big Idea:** The living Jesus calls you to repent, believe, and live for Him.

**Key Question:** What would you discover if you could have a meal with Jesus?

1. Jesus' resurrection is true (vv. 36-43)
2. Jesus' resurrection is taught (vv. 44-45)
3. Jesus' resurrection is to be told (vv. 46-49)

## DISCUSSION QUESTIONS



- Why do you think the disciples were so confused, doubtful, and even disbelieving the good news that was told to them?
- How did Jesus lovingly answer their doubts and disbelief? Why were his methods important?
- Looking at verses 44-45 why is it important for us to open the Scriptures?
- Read the following quote from Tim Chester's book *A Meal with Jesus* and discuss :

*We live in a cold and dark world. But when people look in through the window, they see a community of joy, love and friendship—a place of light and warmth and welcome. (pg. 136-147)*

- Does the above quote describe our group? If not, what can we do to make our group “a place of light and warmth and welcome?”

## LIFE CHALLENGE



As we conclude this study of our Soul Food series and the book *A Meal with Jesus*, what principles of living on mission will you intentionally choose to embrace and live out. Or another way to ask this question, how can we continue to use meals as an opportunity for grace, community and mission in our individual lives but also in the life of our group.

## CLOSING PRAYER



Jesus thank you for the example you set for us in engaging the world around us. Help us to see more of you in your Word, to see that you truly are alive today and to be bold enough to proclaim you! Show us who you want to minister to and give us the vision to see mission and opportunities of grace around us. Amen.