



## **Life Group Discussion Questions**

**Sermon: A Theology of Food**

**Date: 10-22-17**

- **Remember back to the high school cafeteria or to lunch breaks at your job. How have you seen that food still carries a lot of social currency?**
- **What does the fact that God made food to be tasty *and* nutritious, and not just one or the other, teach you about who He is?**
- **What are settings in which you've experienced healthy church fellowship involving food? Have you been in any settings where it was lacking?**
- **How are we prone to mis-use food?**
- **What does this mis-use say about what's going on in our hearts?**
- **What practical steps can we take to have a spiritually healthier use of food in the future? (If there's time, your group can discuss, "In what ways are these similar to or different from modern dieting advice?")**
- **What are some of the reasons why Jesus chose to make one of the sacraments involve food? How can we make sacramental eating an even more important part of our fellowship in the future?**
- **Pray with one another that we would have a right view of food, right behavior with it, and that we would know the One whom food was meant to point us to.**