

Jesus was a fat man? – A session for congregations to explore together

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Starter Question – Where do you like to eat and why?

Good evening! I was once asked the question ‘was Jesus a fat man?’ And that is something I want us to explore this evening. This evening you are around dinner tables, as this gives us the context of eating together. You have already had your starter question, and we now come to the main course.

I’m sure you have noticed that Jesus had meals with many people, but have you ever noticed just how much Jesus used food in the Gospels? If we take Luke’s gospel alone, does anyone know how many meals mentioned? (TEN!) Then on top of that, food appears in many places, including: the temptation of Jesus, a question about fasting, the disciples eating grain on the Sabbath, the Lord’s prayer, the parable of the prodigal son... the list goes on. Food is mentioned everywhere!

But the question I want to address this evening is ‘why?’ Why does Jesus have dinner with so many people? Why is it so important?

So, this is where you are going to do some investigating. On your tables, I will give you a meal to look at. During this time, you are more than welcome to help yourself to a drink and some snacks to keep you going.

Once you have the passage, that will be your tables’ reading for this evening. It would be great if one person could read the passage to the others on your table. You will then have five questions to answer that will come up on the screen.

Please be aware that once everyone is done, I will be asking for feedback so that we can share what we have found.

Group 1 – Feeding the 5000 – Luke 9:10-17

Group 2 – Meal with Zacchaeus – Luke 19:1-10

Group 3 – Meal with Mary and Martha – Luke 10:38-42

Group 4 – Breaking bread at Emmaus – Luke 24:28-32

Group 5 – The last supper – Luke 22:14-38

Questions: **1) Was there a reason food was involved?** 2) what was the message Jesus wanted to get across? **3) Who learnt something or changed because of the meal? (maybe more than 1 person)** 4) How can we use this meal as an example in our lives? **5) in what areas of our ministry do we/can we use food?**

Get feedback from the groups – start with Road to Emmaus and end with Last supper.

This meal is one that we remember frequently. In fact, next week’s evening service will include communion. It was normal for Jesus to eat with his disciples, and he chose to use the meal for us to remember what he has done for us.

In John 6, Jesus says ‘I am the bread of life’. We pray in the Lord’s prayer, ‘give us this day our daily bread’. I would say that Jesus probably wasn’t fat. He walked everywhere and spent time with the poor, but he did spend time with God every day. He was fed by God regularly and so we could say He was spiritually fat.

May we spend time with Christ, so that we can be nourished by Him, and therefore be better equipped to be His disciples. Amen.