

November Food & Faith Devotional

With the end of the year approaching, many of us begin to look forward to upcoming feasts involving friends and family. Whether it is a family packed gathering, holiday celebration, warm hearty breakfast, or other social events multiple studies report that Americans eat up to 200 more calories a day when days grow darker and the thermometer dips down. Regardless if its biology, opportunity, or good memories that have us eating more, we invite you to use the prompts below to “eat” a bit more spiritually this month as well. Use and adapt the guide to discuss *Faith & Food* with your kids, family, friends, or even colleagues.

Week 1: Spiritual Bounty

Read Scriptures: 1 Kings 17:8-16, 2 Kings 4:42-44, and Matthew 14:13-21

Reflection: Share a brief reflection on God’s provision in your life.

God provides! What a joyous assertion. The widow of Zarephath was down to a handful of flour and little oil in a jug, and God provided. It does not say that the flour was overflowing or that there was ever more than a little oil in the jug. Yet the supplies did not run out. Trust that God has prepared the bread of life for you and that even if there is not plenty, there will always be enough.

Discuss one or more of the following questions:

- What is your all-time favorite food?
- What is the strangest food you have consumed?
- What are some things that food is linked to? (Family gathering, church events, awkward first dates, etc)
- Food is known for bringing people together, when was a time food fractured friendship?

Weekly Activity: Write out a new table grace or have each person write out a table grace. Use a new grace before meals all week long.

Adapted from

Food & Faith by Wendy Whiteside and Faye Wilson