

1.5

[CHURCH LIFE]

EAT & PRAY





KEY THOUGHT:

A vital part of church life is fellowship, especially eating and praying together.

KEY WORD:

FELLOWSHIP | The gathering of Christians who share a faith in Christ, a desire to be more like Him, and a mission to tell the world about Him.

DAY 1

Let's eat!

Work with one of your parents to help prepare a meal for your family. You don't have to do everything but you should participate in cooking, setting the table, and serving the food. Also, before you begin eating, say a prayer

of blessing over the food. If possible, take a picture of the food and the table before you eat together.

Draw or paste a picture of the meal below. ▼

Briefly describe your experience, including what you did and what you ate.

DAY 2

READ: ACTS 2:42-47

Remember J.R.R. Tolkien's first book in the *Lord of the Rings* series?

It's called *The Fellowship of the Ring*, and it's the story of nine very different people on a journey together to accomplish a specific and dangerous mission.

The first group of Christians was kind of like that. They thought of themselves as a fellowship. Their sins had been forgiven! They had the Holy Spirit's power with them. God was going to use their lives to accomplish something enormous.

It's no wonder they wanted to spend so much time together. Why would anyone want to be a Christian privately, all by themselves? It was too wonderful and strange and hard. God always meant for Christianity to happen with other people — **in this new thing that would be called church.**

We already talked about how the apostles devoted themselves to

the Word, but now we see that they also devoted themselves to each other — the fellowship — in two specific ways. They ate together and they prayed together.

Breaking bread is a fancy way of saying, "We're eating now!" In their culture, bread often came in little loaves and breaking it up with your hands to pass around or put in your mouth was part of every meal. You and your family broke bread together when you ate the meal you helped prepare.

Eating together — or breaking bread together — probably meant two different things for those early Christians. On the one hand, you eat with the people you hang out with, and these Christians did everything together. They spent time at each other's houses (v. 46). They committed their free hours to getting to know each other.

They also started using some meals together to remember

Jesus' death on the cross for their sins. Peter and the other apostles would have told them about that meal we call the Last Supper where Jesus broke the bread and said, "*This is My body*," then poured the wine and said, "*This is My blood*." (See Matthew 26:26-29.)

But those in the fellowship didn't just hang out and eat together. Every family and group of friends does that. They also prayed together.

Prayer — talking to the God who has forgiven our sin and given us a brand-new life in Christ — should become as normal for Christians as eating is.

Everybody eats. It's just what healthy humans do. And praying is just what healthy Christians do. It's normal and good to pray in private; it's also normal — and powerful — to pray together with the people you care most about.

What did those early Christians pray about together? Probably some of the same things we say to God when we get together to pray:

"You are awesome, God!" "Thank You for loving us." "Help!"

"We sinned again, and that was wrong." "Thanks for Your forgiveness." "Please save our families and friends."

Unfortunately, not every church feels as close and connected as the description of these early believers. It's easy to just go to the building once or twice a week without it ever getting to feel like a family or a community.

They were devoted to the fellowship. How can we be more devoted to our own fellowship of believers who are on this journey with us?

KEY VERSES: ACTS 2:46-47

And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

USE THE SPACE BELOW TO HELP YOU REMEMBER THIS VERSE. FEEL FREE TO WRITE, DRAW, OR DESIGN IN WAYS THAT MAKE SENSE TO YOU.

Notice what came out of this fellowship of believers.

They didn't just go to church together like it was a weekly ritual. They did life together because they were excited about what God had given them. That led to more gladness, more generosity, more praise for God — and more believers in Jesus who probably wanted to be part of this group of people who loved each other so much.

THESE PAGES ARE YOURS. WRITE, DOODLE, DRAW IN THE MARGINS, ATTACH PICTURES, FOUND OBJECTS, ETC., AS YOU EXPLORE YOUR IDENTITY IN CHRIST.

DAY 3

READ: ACTS 2:42-47

The early Christians didn't go to church. They did life together in all kinds of ways. They thought of themselves as belonging to Christ and to each other. They rearranged their schedules and their finances and their relationships to be there for each other.

WORK IT OUT:

How is your experience of church life like the early church? Do you wish it could be more like that? What would have to change?

DAY 4

READ: 1 CORINTHIANS 11:23-25

At the meal we call the Last Supper, Jesus showed the disciples — and they later showed the rest of us — how to use a meal to remember His death for our sin and to tell other people about it. The earliest Christians made a habit of

doing this together. We now call this practice *Communion*.

WORK IT OUT:

How does participating in Communion help you to remember what Jesus sacrificed to pay for our sins?

DAY 6**READ: MATTHEW 6:5-15**

Jesus' command didn't mean Christians should never pray together, though prayer is often something we do alone in private. But Jesus was clear that we should never use praying together as a way to make ourselves look spiritual or important to each other. Prayer shouldn't be a performance.

WORK IT OUT:

Are you ever afraid to pray with others because of what they will think of you? Are you afraid you won't pray well enough? How could you make praying with the people you care about less about you and more about God and others?

DAY 6**READ: ACTS 12:11-12**

Acts 12 tells the story of Peter's rescue from prison. It happened while the Christians were praying together. That's what we do when there's a crisis: We pray together.

WORK IT OUT:

Whom would you call to pray for you if something terrible was going on in your life? Who would call you?

THESE PAGES ARE YOURS. WRITE, DOODLE, DRAW IN THE MARGINS, ATTACH PICTURES, FOUND OBJECTS, ETC., AS YOU EXPLORE YOUR IDENTITY IN CHRIST.

DAY 7

What is one truth that you learned this week?

What are you going to do about it?

SPEAKER:

DATE:

NEED MORE SPACE? ATTACH STUFF HERE!

LESSON 1.5 | MERITORIOUS TRACK CHECKLIST

☐ Intro activity ☐ Memory verse ☐ Work it outs

leader's signature

date

Are you on track with your Bible reading?
Record what you read here:



leader's
initials