



SHARING A MEAL

A Quick Guide to Small Groups





Summary

One of the easiest and most practical ways to come alongside and serve your small group is by delivering a meal to their house.



Small Group Commitment #7
Serving Together



Two Minute Read



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One of the easiest and most practical ways to come alongside and serve your small group is by delivering a meal. Long before DoorDash, Uber Eats or Grubhub came knocking at the doors, people made a meal and drove to someone's home to share that meal with them. Sharing a meal is deeply personal. Not only does this meal take time, but it takes planning, communication and money. This is why sharing a meal makes such an impact. Perhaps more than anything, it says, "I was thinking about you and I care for you." Taking someone a meal is an opportunity to be welcomed into their life, or at least it's a chance to stand on their doorstep and say hi.

No one expects you to cook like Martha Stewart or have the chewiest chocolate chip cookies like Joanna Gaines. Betty Crocker is just fine.

For some, sharing a meal is intimidating if your strengths are not cooking in the kitchen and you prefer carryout. Ultimately, it's not about the actual meal, but rather it's about stepping into the lives of one another. People won't remember what your meal tasted like (I've had to remember this several times), but they will remember that you brought a meal and how much they appreciated it. Having a meal delivered to your home during a time of need, or just because, is truly a wonderful gift and an excellent way to show "you are loved" to those in our church family.



Theological Truth

Contrary to what some may think, fellowship isn't something that happens after the service when people stand around in the lobby. Fellowship is more than hanging out with Christians. The word "*fellowship*" has been watered down and hijacked to describe almost anything Christians do as long as they are with other Christians. But this isn't what the Bible is talking about when it uses the word *fellowship* to describe the force that held the early church together. The word *fellowship* means *participating in the lives of others for a common purpose*. One of the first things we know about the early church is they met in homes and ate together. Like the very first church potluck, they all pitched in so they could share, give and participate in the everyday lives of each other.



Ideas to Consider

- 1. Don't put food in a dish you want back.** Regardless of what you're making, don't put food in a dish you need back. Even if you don't like take-and-toss pans or plastic containers, the last thing people want to worry about is washing your Tupperware and returning your dishes. Instead, when you drop off a meal, be sure to say, "*I do not need these containers back,*" and write this on the note you leave with any cooking instructions.
- 2. Don't forget cooking instructions.** Don't assume grandma's recipe that you've made a hundred times is known by all. Instead, write down and label whatever you brought with a basic ingredient list and attach cooking directions to the container. Sharing recipes like this has given me new recipes and it's also given me many special memories. Today, I can look through my recipes and remember specific meals that were brought to me when I had my baby.
- 3. Don't ignore dietary restrictions.** With the rise of allergies and special diets, more and more people are watching what they eat. This may make it harder to take a meal to someone, but it doesn't make it impossible. Before you begin planning the meal, send a quick text or call and ask about food restrictions for anyone in the family. If you feel really stuck, Pinterest specific dietary meals or ask the family for a few options of what their favorite meal is.
- 4. Think about how many this meal would feed and if it's enough for their family.** Taking into consideration how many people your meal would feed is important. Feeding my family of four is different than feeding a family of seven. Even if it may seem like too much food, leftovers are always a bonus! If this meal is delivered during a time of need (baby's arrival, recovering from surgery, loss of a family member) it's also helpful to ask if there is anyone else staying in the home, like a grandparent, that you should consider when counting how many people your meal will feed.