

The breaking of bread is the practical act of sharing a meal together with other believers, representing their shared unity and faith in Christ. This document provides responses to expected questions and should help you navigate expected obstacles.

Who is responsible for providing the meal?

Providing a meal could be a shared responsibility or an opportunity for a person or couple to use their gifts to bless others with a meal. Here are some ways this can be done:

- Ask if someone in the group would provide a weekly meal. You could ask one person specifically or ask the group for a volunteer. Providing a meal may be a wonderful opportunity for someone in your group to use their gifts to bless others.
- Have a weekly potluck. This way everybody has a shared responsibility for all meals.
- Create a sign up sheet so rotating group members bring the meal. This way each person is responsible for one or two meals per semester.
- Everybody bring their own meal and eat together. This can work well if sanitation is a concern.

What if we don't have time to prepare a meal?

Ideas for if you don't have time:

- Spend the first portion of Life Group cooking and invite others to help.
- Make casseroles ahead of time and freeze them (could be a group activity).
- Make a dish that takes little time to cook (ex. spaghetti, pizza, tacos, BBQs, brats/hotdogs).
- Use a crockpot. Prepare the meal in the morning and let it cook all day.

What if we can't afford to feed a group weekly?

Ideas for keeping it budget-friendly:

- Preparing a meal doesn't have to be up to one member of the group. It can be a shared responsibility so one person doesn't have to carry the financial burden.
- Make an inexpensive dish (ex. breakfast for dinner, hotdogs, pasta, pizza, baked potatoes, burrito bowls, soup and sandwich).
- If everybody in your group is for it, you could collect an offering for meals.

Things to consider

Dietary restrictions - People in your group may have food allergies, intolerances, or cultural differences that may limit what kinds of dishes you can make. Think of preparing a meal for someone with dietary restrictions as an opportunity to specially bless them. Ask your group if they have any dietary restrictions, making sure they know you are willing to accommodate.

Have fun with it - For a semester, have everybody in the group take turns bringing their childhood favorites. Have an appetizer potluck. Ask everybody to bring one or two ingredients for tacos. Try a new recipe or cuisine. Be creative!

Get a head-count - Have group members notify you if they are unable to make it so you know how many people you need to feed. Unless you really like leftovers, you don't need to make a meal for twelve people if only four are planning to come.