



## A Guide for Spiritual Formation

Theme of the month:	The Church's Rule of Life
Text for the Week:	Acts 2:42
Message for the Week:	"Devoted Themselves to the Breaking of Bread"
Theme for the Week:	We must be devoted to one another.

### Week 9

#### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week?

Write them down and take turns sharing them with the others in your group.

Where have you seen the Holy Spirit working in your life this past week?

What is the "comfort food" dish in your family?

#### Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

#### Read:

Read [Acts 2:42](#) out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them those who are with you.

#### Respond / Reflect:

What are some ways you eat and drink (break bread) with other people?

Are there people in our lives with whom we would refuse to break bread? Why?

When was the last time you ate with someone you don't get along with?

When you break bread with other people, are you being cherished and are you cherishing those you are with? If not, what needs to change to allow this to happen?

How has your family table impacted your spiritual life and spiritual formation?

## “Try It!”

Sometime this week, eat and drink with someone you typically don’t eat or drink with (a classmate at school, shut in from church, friends on the other side of the country, co-worker, etc.), either in person or by video chat. As you do, cherish the person you are eating with.

Families, try a special dinner option:

A mystery menu dinner (<https://party.lovetoknow.com/mystery-dinner-party-menu>)

A Backwards Party (turn your chair around backwards at the table, eat dessert first, wear your clothes backwards)

Have a picnic outside or roast hotdogs and marshmallows over a campfire

Ask everyone to name their favorite food and serve it all at once, even if it makes a very strange meal!

Have an Iron Chef competition: in teams, create a dish that includes a certain ingredient, then vote on the best dish.

Make food from favorite books (Pumpkin Pasties from Harry Potter, Turkish Delight from The Lion, the Witch and the Wardrobe, Dr. Seuss’ Green Eggs and Ham, make your own pizzas from Curious George and the Pizza Party, etc.)

Set the table using your best dishes, an elegant tablecloth, flowers, and candles. Give each person an invitation to dinner, and a place card at their seat. The food can be fancy or plain but make it a special meal.

Have an International Dinner, with foods from around the world.

## Prayer:

Spend time in prayer regarding the things God revealed and that you discerned in your time with God today.

Also, spend time in prayer with/for the other people who are with you...pray this prayer.

Lord,

We pray for an outpouring of your Holy Spirit. Come, Holy Spirit.

We pray that the Spirit will reveal Christ to us. Come, Holy Spirit.

We pray that the Spirit will shape us in the character of Christ. Come, Holy Spirit.

We pray that the Spirit will equip us for the mission of Christ. Come, Holy Spirit.

We pray that the Spirit will form us by the early church’s rule of life; devotion to the Apostle’s Teaching, to the fellowship, the breaking of bread, and prayer.

In the name of the Father, Son, and Holy Spirit, AMEN.

## Missional Practice for the Month:

Use the prayer above each day to pray for an outpouring of the Holy Spirit for your immediate neighbors on either side (to the right and left) of your house. Sometime during the month, when prompted by the Spirit, bring an expression of appreciation to each of these neighbors. This could be a potted mum, a dozen cookies, a gift card, etc., with a note that says, “I’m glad you are my neighbor!”