

# Agape Meals

Church@Home

**COVID-19 advice:**

**Please follow the current regulations in your country concerning social distancing, shared meals & regular use of hand-sanitizers. (Foot-washing may or not be appropriate under your current guidelines.)**

An Agape Meal provides a great opportunity to experience God and share Christian faith. It resonates with the commitment of many to live as New Testament believers did, as described in the book of Acts (Acts 2:42-47).

It builds on the experience of those early Christians—who met often for fellowship, to revel in their relationship with Jesus, to share and to worship God in praise and awe. The impact upon friends who are being introduced to Jesus is positive and tangible.

## Concept

While Agape Meals—with food, fellowship, praise and worship, prayer and anointing—might take an extended period of time, in your Church@Home it can be part of a shared meal—breakfast, brunch, lunch or evening meal.

## Main ideas

- **Meal.** Plan a simple meal to precede or follow your worship and Bible discussion time.
- **Bread & grape juice.** On the table feature a platter of flat-bread or unleaven biscuits and a jug of grape juice. Use normal-sized drinking glasses for the grape juice and larger pieces of bread. This is an experience—and participants need opportunity to eat, drink and reflect.
- **Prayer.** As the group gathers to eat, invite one to read of Jesus sharing the Passover meal with His disciples (Matthew 26:17-30; Mark 14:12-26; cf., 1 Corinthians 11:23-27). Have another (perhaps a child) share what the bread and juice means to them. Thank God for the bread and juice—and for Jesus, and then give a few moments for each to eat, drink and reflect.

- **Other features.**

**Foot-washing.** Unchurched people really appreciate this feature. It is tangible, real and meaningful—and could at times be a feature of your Agape Meals. Share a brief explanation of what Jesus did (see John 13)—have some basins, water and towels, and invite those who would like to share, to wash another person's feet.

**Candles.** Candles on the tables and around the room can be a feature (even representing Jesus, the light of the world)—and provide atmosphere for the meal (especially in the evening).

### **Worship & Bible discussion time**

The Agape Meal will be a small feature of the meal time—as you stand or sit around the table—and then after sharing your meal, continue your worship and Bible discussion time with *Discovery Bible Reading*.

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