

## A Family Agape Meal

*The early Christians had a practice of meeting for meals together which were called 'Agape Feasts'*

*'agape' is pronounced 'a- gap- ae' and is the Greek word for love. These were times of fellowship and sharing which strengthened the bond between them.*



Here is a wording you can use to create an Agape meal at home. It works best if one person takes on the role of 'leading' and reads through the instructions in advance.



There are prayers, questions and actions which others can participate in. We suggest that an adult asks each question, and a child gives the answer, with different people reading the different prayers where possible.

### Preparation

- Choose a short passage/story from the Bible to reflect on at the end of the meal (use a children's Bible if that is more appropriate)
- Lay things out for dinner and have a candle, a bowl of warm soapy water and towel ready (or just use the sink!). Place a

bible on the table maybe on a special place mat. Involve the children in setting all this up.

- Cook something you all enjoy. There are no set dishes or courses, just what you would like to make and eat! Have fun developing your own traditions – perhaps food that reminds you of holidays or special times.

## **Opening Words**

*Stand together around the table and hold hands while the leader shares these opening words:*

**Leader:** Our extraordinary God used ordinary items and everyday events to be signs and symbols for us.

**Question** - What marks our entrance and into God's family?

**Answer** - Our Baptism!

**Question**- What do we use for Baptism?

**Answer** – Water

**Leader** – Let's wash our hands as we begin, reflecting with thankful hearts on the water of our baptism and the welcome into God's family!



*People wash and dry their hands and then return as everyone takes a seat at the table.*

## Candle

**Question** - Why do we light this Candle?

**Answer** – To remind us that God is with us, and that Jesus is the light of the world.

*Light the candle and pray:*

With the light of this candle,  
we remember the light of God,  
Father, Son and Holy Spirit.

God, you are here with us now  
and also with our friends, family,  
fellow Christians and all people.

Especially we remember that you are also with....



*(invite everyone to remember someone from church,  
school, extended family, friends or neighbours by saying their name)*

Thank you, Jesus, Light of the world.

**Amen**

## Thanksgiving Prayer

**Leader:** Jesus, God's own son, came into the world to be with us and save us through his death and resurrection. Jesus asked us to remember him as we eat and drink together.

**Question** – What did Jesus say was the most important commandment?

**Answer** – To love God with all your heart and with all your soul and with all your mind and with all your strength and to love your neighbour as yourself.

*If food is not yet on the table then bring it over and grace or one of your choosing, children can be encouraged to write/say their own and see wooden cube resource at the end:*

Generous God,  
bless all who have gathered round this table.  
May we know the fullness of your presence  
at every meal and in all our sharing,  
longing for that day when we will share together  
in your heavenly banquet.  
**Amen.**



*Enjoy the food and the company, share good news, invite each person to share something they are grateful for. At the end of the meal you may want to clear the dishes away (or not!) and pray and read the passage of scripture*

**Leader:** Jesus broke bread and gave people physical food but he also said we need spiritual food. He sent the Holy Spirit to be our teacher and guide.

**Question** – What can help us learn about God?

**Answer** – The Bible, God's written word.

## **Bible Prayer**

Lord God

Thank you for your word

As we read it now

please encourage us through it  
and help us know you better.

**Amen**



*Read short passage of scripture and **if appropriate** invite reflection and/or discussion. Use open ended questions to prompt imagination like ‘I wonder what...?’*

*‘What might it have felt like...?’*

## **Closing Words**

**Leader:** Give thanks to God for all that is good, God’s love endures for ever. Let us reflect and share God’s love in our lives this week, in all we do and think and say.

*You may want to finish by saying the words of the Grace together:*

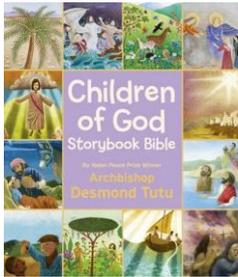
May the grace of our Lord Jesus Christ, and the love of God and the fellowship of the Holy Spirit be with us all, evermore. Amen

*Choose someone to blow out the candle and someone to put the bible back on a shelf.*

*Further suggestions:*

*Place the bible on a special cloth on the table open at the reading or with a ‘post it note’ or ribbon to mark the page.*

*A good children's bible is worth investing in, for instance:*



*Cubes are available to make choosing a grace more fun/ interactive.*



*You might want to make simple cross which can stand in a pot of sand on the table.*

