

Becoming Eucharist

Mealtime Table Talk for Families

Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people.

-Acts of the Apostles 2:46-47a

April 4, 2021
Easter Sunday – The Resurrection
of the Lord
John 20:1-9

What do you think it was like for Mary and the disciples to discover Jesus's body was gone?

It was hard for them to understand the resurrection even though Jesus told them he would die and rise on the third day. How do you understand the resurrection? What does it mean for you?

What will you do to "rise up" and share the great news that God is alive? With whom will you share the great news?

April 11, 2021
Second Sunday of
Easter
John 20:19-31

Jesus says, "Peace be with you," repeatedly in this Gospel. Why do you think he keeps wishing them peace?

The disciples, including Thomas, had to see and touch Jesus to believe that he had risen. How do you believe in Jesus and his sacrifice for you if you have not seen or touched him?

April 18, 2021
Third Sunday of Easter
Luke 24:35-48

We continue to hear stories of Jesus appearing to the disciples and showing them that he is not just a ghost. What ways does he show them?

What are the ways that you know that Jesus is with you?

Jesus tells the two disciples to be witnesses to all they have seen. How are you a witness to all Jesus has done for you?

April 25, 2021
Fourth Sunday of Easter
John 10:11-18

Jesus tells us he is the Good Shepherd. How do you know that he protects you?

What does it mean to you that Jesus sacrificed his life for you?

Jesus is alive in you and he has blessed you with gifts to share with others. What gifts are you sharing with others that reveal the Good Shepherd to others?

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Read and Reflect on Sunday's Gospel
Sunday's gospel and reflection questions can be found on the other side.

Family Action Step
Choose an action for your family this week that brings Christ to others.

Prayer after Meals
We give you thanks
for all your gifts,
almighty God,
living and reigning
now and for ever.
Amen.

Bring this table tent to your dinner table with your family once a week to discuss Sunday's Gospel and how you can be the Body of Christ in the world.

Prayer before meals
Bless us, O Lord,
and these thy gifts which
we are about to receive from thy
bounty,
through Christ, Our Lord.
Amen.

*Eat the meal together. Have each family member respond to the following questions:
Where have I given kindness today?
Where have I received kindness today?*