



**kitchen
table
project**

Inspire a faith that lasts



THE BIG
≡ SCRUMPTIOUS ≡
FAITH-FILED
FEAST



A Kitchen Table Project family service



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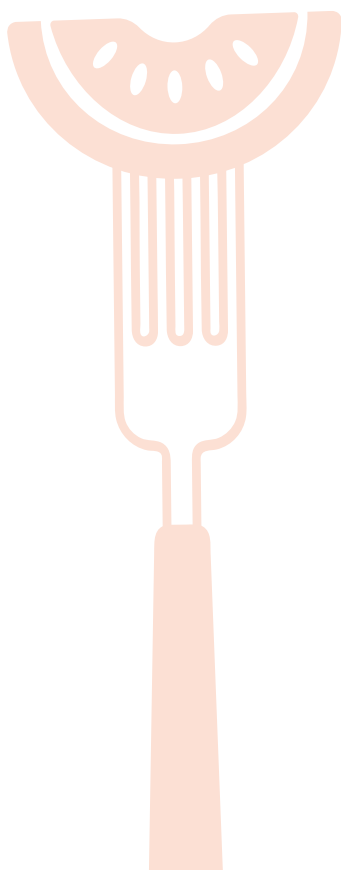
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Introduction ≡

Many of the best feasts are buffets where people bring different dishes and you pick and choose the foods that you fancy. We have taken this approach with these service ideas.

There is no way you could use all of this material in one sitting, but instead we hope you will pick out the parts which will work in your context. We have not given an 'order of service' but would encourage you to slot some of these elements into your regular service structure. Some are formal, some informal, so feel free to adapt the ideas to suit your congregation.

Bon appétit!



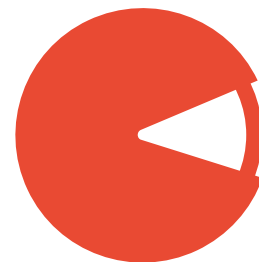
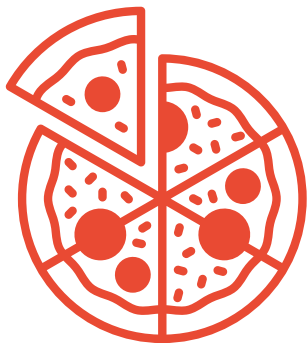
Written by Sam and Sara Hargreaves,
Engage Worship.
www.engageworship.org

Set-up

For an attractive visual focus and as a prop for the service, set up a kitchen table at the front of your worship space. You can choose the size that fits your space. If possible avoid using your church's 'normal' tables, especially if they are the usual metal-leg fold-out version. An actual table which you would want to have in your kitchen will communicate the associations you want to make: warmth, welcome, home. Dress the table in a tablecloth, perhaps a vase of flowers or a candlestick, napkins and so on. If you are using the following objects for an all-age approach to the sermon, place them on the table:

- A sliced pizza
- A bowl of spaghetti
- A bowl of Babybel cheeses

If setting up a table in an attractive way isn't 'your thing', then why don't you delegate this task to an individual or small group who are good at creating a homely environment? They may not have many opportunities to use their gifts during your worship service, so it would be wonderful to include them in this way.



A note on the Lord's Supper:

We have not included an order for the Lord's Supper / Holy Communion in this service plan, as we are aware how differently each denomination approaches this act of worship. We would suggest that if you are planning to celebrate communion during this service then you could make use of the kitchen table set. Maybe you could have the elements set up on the table or ask people to gather around the table. Use your imagination, within your denominational remits, and create a space where the congregation know that they are welcomed to the feast at the Lord's table.

Call to worship ≡

A more formal call to worship, read by the leader of the service

This is the day that the Lord has made,
this is his church that the Lord has built.
These are the people we journey with,
here is the table we gather around.
This is the Jesus who welcomes us,
now is a moment to meet with him.

OR

A more active, informal call to worship

Teach the refrain of this poem first,
with the suggested actions.

God invites us
to come today,
to learn from him,
to worship him.

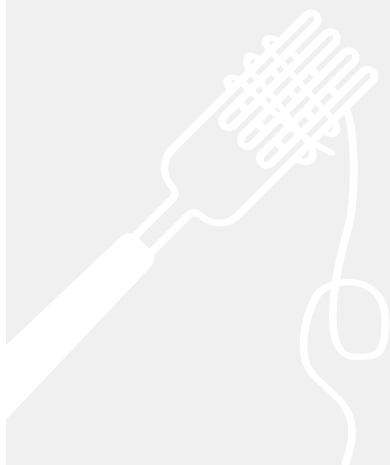
We are invited
(make a beckoning sign)
from the west, from the east,
(point to the west and then the east)
we are invited
(make a beckoning sign)
from the tallest to the least,
(be as tall as you can and then as tiny as you can)
we are invited to a
(make a beckoning sign)
scrumptious faith-filled feast.
(rub your tummy)

God invites us
to come today,
to be his people,
to learn from each other.

We are invited ...

God invites us
to come today,
to serve his world,
to invite everyone.

We are invited ...



Welcome activity

Before the service select a number of different categories. These could include:

- someone who speaks a foreign language
- someone who is in high school
- someone who is over 60
- someone who has a driving license
- someone who has three or more brothers or sisters
- someone who is a mother
- someone who has been to India

Make up categories that will work in your congregation and choose the number of categories based on the length of time you want to take to play the game.

During the service, choose some volunteers and give a Bible to each of them.

Each volunteer will represent a team. Dependent on the size of your congregation, you may decide to play as two teams or you may want more than this. Show each team leader the first category (either by writing this on a piece of paper or whispering in their ear). The volunteer then needs to find someone from the congregation who falls into that category, bring them to the front of church and pass the Bible on to them. The person who has just been chosen then takes a turn. They are given the next category and have to find someone who falls into that category, bring them to the front of church and pass the Bible on to them. This continues until one team has someone from each category standing at the front. The team who does this most quickly wins the game.

After the game explain:

Today is all about passing on what we know about God. We'll see that this means more than just giving them a Bible – it means passing on the stories of what God has done in our lives. Some of that will be about passing on from older to younger people – parents to children, one generation to the next – but it can also happen across all kinds of ages and relationships. Whoever you are here today, whatever age or stage of life, there are people who need to hear your story.

Song and hymn suggestions ≡

(opening part of service)

Songs

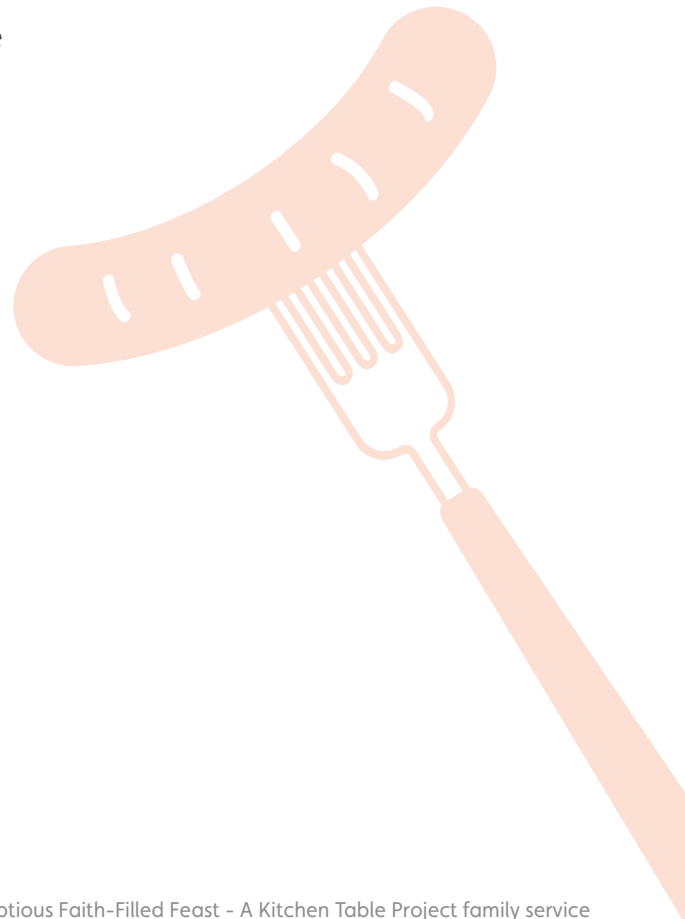
How Great is Our God (the Splendour of the King) – Chris Tomlin, Jesse Reeves, Ed Cash
Great is the Lord and Most Worthy of Praise – Steve McEwan
Bless the Lord (10,000 Reasons) – Matt Redman, Jonas Myrin
Let the King of my heart – John Mark McMillan / Sarah McMillan
From Life's Beginning (Let Praise Resound) – Marcus Pagnam
Our God is an Awesome God – Rich Mullins

All age songs

Big Family of God – Nick and Becky Drake
Oh, Great is Our God – Brian Eichelberger
Story of the Cross – Rend Co. Kids
We Were Strangers – Cathy Summers, Matt Osgood

Hymns

In the Lord I'll Be Ever Thankful – Jacques Berthier (Taizé)
To God Be The Glory – Fanny Crosby
How Great Thou Art (O Lord My God) – Stuart K Hine
I Will Sing the Wondrous Story – Francis H Rowley



Testimonies of praise ≡

Give each person a pen and slip of paper (no larger than A6) that reads "... the wonders he has done". You can download and use our [free template](#).

Explain how today's key verse reminds us that: **"We will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done."** (Psalm 78:4)

What wonders has God done in your life?

Maybe he did something for you this week, answered a prayer or surprised you in some way?

Maybe he has done something in your life over many years, brought a change somehow?

Or maybe God did something in your life a long time ago, something that you've not thought about in a while.

Take some time to jot down on your slip of paper something God has done. Try to keep it to just one short sentence, and remember it doesn't have to be earth-shattering. It can be something seemingly tiny – there are no small wonders in God's Kingdom.

If you're here with children, talk together and help each other write.

Then we'll gather the slips and read some of them out.

Give a few moments for people to write on their slips of paper (perhaps play music in the background). Then collect up the slips. You may want to do this as your musicians begin leading a song highlighting God's work in our lives (see list above).

Once you have sung a song or two, read out a few of the testimonies then sing a single chorus as a response. You can repeat this as many times as you like, reading then singing. Depending on the size of your congregation, you will probably not be able to read all the testimonies out loud, so here are a few ideas of how you can display all the slips:

- Ask an artist in the church to prepare a canvas with the words "... the wonders he has done" written on it, and during the rest of the service create some form of artful collage with the slips. Maybe you could paint on top of them in light watercolours or glue coloured cellophane on top.
- Peg or staple them on to a string and create 'testimony' bunting (this will look best if the slips are multi-coloured and triangular).
- Post one a day on your church's social media (taking care not to share anything pastorally sensitive).



Multimedia: You could show the 'Scrumptious Stories' video as well or instead if you prefer.

Praise shout

This is based on Psalm 78. Divide the congregation into three groups and teach them this response. You may want to encourage a little bit of healthy competition between the groups in terms of volume and enthusiasm! If you have a percussionist available, you could ask them to start up a steady rhythm, around 80 bpm. The leader should practice their part to decide how to fit all the words in.

Response

All: We will tell

Group 1: The next generation

Group 2: The next generation

Group 3: The next generation

All: The praiseworthy deeds of the Lord.

Leader:

We will tell the next generation
the power and the wonders God has done.
He called his people to pass on the message,
to never forget the wonders of the Lord.

Response ...

Leader:

He led his people out of Egypt,
he split the sea and led them through,
he gave them all the food they needed,
but still they forgot the wonders of the Lord.

Response ...

Leader:

God showed grace to his wayward people,
led them with fire and pillars of cloud.
Still they forgot to tell their children,
and they all forgot the wonders of the Lord.

Response ...

Leader:

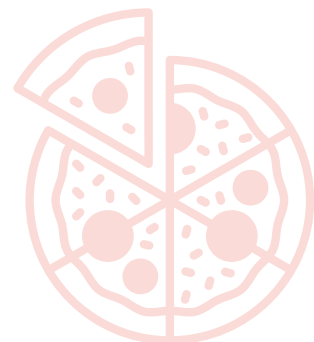
So wake us Lord, when you find us sleeping,
change our hearts to hear your call,
to tell the stories of our lives and the Bible,
so we won't forget the wonders of the Lord.

Song suggestions

(before Bible reading and sermon)

Speak O Lord – Stuart Townend, Keith Getty

We Come to Hear Your Word – Chris Juby



Bible readings

Psalm 78:4

Exodus 12:24-27

Matthew 26:26-29

Sermon outline

Can you remember the last time you ate something really amazing? Maybe someone cooked a meal for you, or baked you a cake. Perhaps you went out to a cafe or restaurant, or you just took a bite from something you bought at the shops and thought 'wow'!



Interactive: Ask people to share either in groups or directly to the whole congregation things that they have eaten.



Go deeper: Tell an interesting story of when you had some delicious food.

Imagine with me for a moment that you are sitting around a wonderful table, laden with all kinds of different foods. And everyone at the table is tucking in to different dishes. Now, when you eat something delicious, what is the very next thing you want to do? We want to tell other people about it. Maybe you're chewing on something tasty and you turn to someone in your family and say, "Try this!" Or you have a forkful of something and you think, "My sister would really like this," so you offer her the bowl.

Some people get so excited about what they are eating that they take a picture of it with their phone and post it on Facebook or Instagram. It's natural to want to share good things with our family and friends.

That is what today's service is all about – sharing good things with the people we love.

Our passage for today says:

"We will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done." (Psalm 78:4)

Passing on good news about what we have experienced is a natural thing to do. We share stories with others about our faith in God as simply as we tell people about the food we have enjoyed.

1. Share around the table (pizza)



Interactive: Hold up a pizza, and explain that you have three visual aids for your three points. The pizza is there because it has different slices that we can all share around the table.

God's people have always shared stories about him around the table. One of the foundational stories in the Old Testament is the Exodus – when God used Moses to bring his people out of slavery in Egypt, a day called the Passover. And right in the middle of that story, God tells them to remember it with a meal. In Exodus 12 we can read about a yearly feast where they would eat lamb and flatbread and other foods. It says that the children will ask their parents questions.



Interactive: Get feedback on what are some of the questions that are asked when people spend time as families or groups around a table, either during mealtimes or when we do other things (play board games, do homework, make crafts)?

At the Passover meal, the children would ask what those food symbols mean, and the parents would re-tell the story of what God did to save his people using the different foods.



Go deeper: Go into more detail about Exodus 12.

So when you sit around a table with your family and talk about what God has done, you are joining in this history of God's people sharing food and stories together.

2. Share the ups and downs (spaghetti)



Interactive: Your second visual aid is a bowl of spaghetti. The spaghetti is all wiggly, it goes up and

down all over the place. The second point is that we need to share the ups and the downs.

I've said that God's people share stories around the table. Some people think that when a Christian tells a story it always has to be about nice, neat, easy things, where everything goes well and it finishes with a happy ending. But if you think about books or films or even nursery rhymes you realise that actually all good stories have their ups and downs. The three little pigs would be a boring story if the wolf just showed up with a cake and they all had tea.



Multimedia: You could use an example from a recent kids' film, where the peril of the lead character adds excitement to the story.

When God's people tell stories it's important we share the downs as well as the ups. Our main Bible verse for today is from Psalm 78, but when you continue to read down beyond verse 4 you see a whole history of ups and downs.



Go deeper: You could read and comment on a larger portion of Psalm 78.

Again and again God's people forget God, they struggle, they make mistakes. And the psalm writer shows how God continues to be faithful even when his people are faithless. This is true for us too – even when we become Christians and try to live for God we will have struggles and difficult times. It is important that we are honest with what

we share around the table because that not only makes our story more interesting and relatable, but it also shows how God meets us in the middle of our difficulties.



Go deeper: You could share a personal story about how God met with you in the middle of a difficult time, and/or how you have passed that on to the next generation.

It may be that talking about family life raises difficult emotions in you, because your own experience of family has been complicated or disappointing. Today we want to encourage parents to pass on their faith to their children, and children to pass on their stories to their friends and to adults. But we also want to say that whatever your family situation, everyone here has an important story to tell, and has a part to play in sharing God's good news with the world. We need your experiences, your questions, your encouragements, if we are going to be the church family that God is calling us to be.

3. Share about Jesus (cheeses)



Interactive: The third visual aid is a bowl of Babybel cheeses. The final point is that when we are around the table we can share about Jesus (cheeses) 😊.

Do you remember that earlier we talked about the Passover meal? When Jesus was on earth, he once sat at a Passover meal with his friends, and he picked up the flatbread that they always ate. But instead of just telling the story of God saving his

people from Egypt, he said that the bread was part of a new saving story. He said the bread was like his body, which was going to be broken on the cross, not just for the Jewish people but for everyone. He told them to keep eating bread and drinking wine together to remember that he had died and would rise again, and was coming back to put the whole world right.



Go deeper: You could unpack further Matthew 26:26-29.

When we talk at the table, and people ask questions, we might not always know the right answers. Sometimes we can be confused about things to do with life or our faith. But whatever the question or situation we can always turn our attention to Jesus. What might Jesus think about that question? What did Jesus do in his life that might help us today? How would Jesus respond to this situation?



Go deeper: You could share a personal story about how reflecting on the life of Jesus helped you respond to a situation in your life.



Interactive: To end, hold up the three visual aids and ask the congregation to tell you what your three points were.

So today we have talked about (pizza) sharing around the table (spaghetti) sharing the ups and downs (cheeses) sharing about Jesus.

Let's pray:

God, we ask that you would help us share with the next generation the good news of what you have done. Make it as natural as telling people about great food we've eaten. May we share it around the table,

sharing the ups and downs. And most of all sharing about the difference Jesus has made in our lives. In his name we pray.
Amen

⇒ Response time ⇐

Use the **Come to the Table** song for reflection.

and/or:

Use The Big Scrumptious Faith-Filled Feast activity sheets, **free to order** on the Kitchen Table Project website.

and/or:

If you regularly offer prayer ministry towards the end of your church services, you may want to offer this to whole families. How about either setting out picnic blankets in your prayer space, or small cafe tables, and ask the prayer ministry team to spread themselves out. Any families that want prayer can then come to a table or a picnic blanket and receive prayer.

and/or:

Provide practical ways for the congregation to encourage families. Download the **encouragement cards** or **kindness vouchers** and see if people can offer to babysit or cook a meal. Any way to build up the families in your church.

and/or:

Each family or individual can write down the things they need prayer for. They can then place their prayer card in a basket and take someone else's card and pray for them.
Download your free prayer cards.

Intercessory prayers ≡

Responsive prayer

First teach the response:

Leader: We are the family of God.

All: Lord, hear our prayer.

Leader:

We bring our prayers to you, our Father,
from whom we learn what it means to be
family.

Thank you that you have brought us
together as the family of God,
help us to love one another as sisters and
brothers,
help us be unified in our mission to tell the
next generation about you.

Leader: We are the family of God.

All: Lord, hear our prayer.

Leader:

We bring the families in our church to you,
thank you that we can support one another
and help one another.

Please strengthen every marriage and
relationship in our families,
and help our homes to be places of love
and grace,
where we remember to talk about you and
pass our faith on.

Leader: We are the family of God.

All: Lord, hear our prayer.

Leader:

We thank you, Father God, that you are
present with us in our ups and downs,
and right now we think of those we know
who are struggling;
those who are lonely, anxious or sick.
We pray for those for whom family is a
difficult topic,
those from broken homes or those who long
for partners or children.
We mention these people we know silently
in our hearts now. [pause]

Leader: We are the family of God.

All: Lord, hear our prayer.

Leader:

Finally, Father we bring you our wider
community and nation.
May we play our part as families and as a
church, to bring light into darkness.
We mention to you the places and situations
in our community and nation,
which especially need your touch right now.
[pause, perhaps encourage calling out]

Leader: We are the family of God.

All: Lord, hear our prayer.

Leader: We pray these prayers in the name
of Jesus.

All: Amen

OR Open prayer

Pray for these topics in your own words, or in any other way which works for you as a church. You could try this idea:

Playdoh prayers

Put pots of Playdoh out and choose different colours to represent different prayer requests. It's as simple as praying and playing! Some suggested prayers could be:

Red – Pray that God would look after your family

Blue – Ask God to help you with something you're struggling with

Green – Pray for a friend at school, at church or in your work place

Yellow – Ask God to help you talk to people about Jesus

Purple – Pray for your children's workers and church leaders

Commissioning ≡

Explain that you would like to pray for and commission anyone who has felt challenged and inspired by the message of the service. This includes parents, but also anyone else who feels a call to intentionally pass on their story and God's story to other people, whether that includes children, their neighbours, colleagues or another group.

If appropriate, ask these people to stand, and pray this prayer over them.

God we pray for those responding to your call
to share your feast with others.

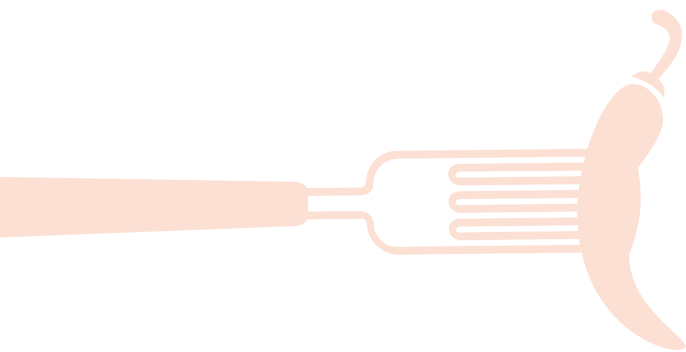
Fill them with your Holy Spirit like cool, refreshing water,
that they might overflow to people around them.

May they have confidence in your Word as Daily Bread,
enough to eat and enough to share.

Just like a small amount of salt brings flavour, may they speak wisely,
listening well and welcoming questions.

May they know that their story matters, with all its ups and downs,
and help them pass this on generously and joyfully.

In the name of Christ we commission these feast-sharers,
and commit to supporting them in prayer and encouragement.
Amen



Song and hymn suggestions

(for response and sending)

My Story (God Will Always Be My Strength) – Reuben Morgan & Jarrad Rogers

Goodness of God – Ben Fielding, Brian Johnson, Ed Cash, Brian Ingram & Jenn Johnson

Befriended – Matt Redman

Our Song From Age to Age – Joel Sczebel

Pass it On – Tommy Walker

Hymns

We Will Extol You – Greg Scheer

Lord, For The Years – Timothy Dudley-Smith

Go Forth And Tell – James Seddon

Glory to God, The Source Of All Our Mission – Christopher Idle

THE BIG
SCRUMPTIOUS
FAITH-FILLED
FEAST

We recommend having fun eating together as a church family at the end of your service if possible. Use the free **activity sheets** and continue sharing the stories of God's goodness with each other.

We hope you have a great time together. Please do share pictures on social media of how it goes using **#scrumptiousfeast!**

Thank you for taking part in The Big Scrumptious Faith-Filled Feast.



Inspire a faith that lasts

The Kitchen Table Project is a movement of mums, dads and carers coming together to support each other, learn from each other and share ideas so we can inspire faith in our children.

Follow us on social media **@ktpcampaign** for daily encouragement, ideas and resources.

kitchentable.org.uk



@ktpcampaign

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