

SEX, DRUGS AND SAUSAGE ROLLS

Discussion Notes

THE GOOD FOOD GUIDE

As this is the last talk in our series, you may want to reflect on the series as a whole.

- Has it made you reconsider our attitudes towards appetites? Have you seen any changes in your life?
- Which subject has struck you as the most challenging?

Food is a topic that isn't discussed much in church so this may be a new topic for your Hub to discuss. Start by asking for people's reflection around food and diet in general.

- Have you thought about food as a 'spiritual' issue before?
- Do you think much about what you buy and eat?

Read James 5:1-6 together. This is a hard-hitting passage so you may want to read it over a few times and give some space to reflect on it.

- What stands out about this passage?
- Do you think this applies to the 21st century or is it just for the time it was written?

Sam explained that loving our neighbour with our appetite for food is difficult in the 21st century with our globalised food system.

- Is this something you have considered in what it means to 'love your neighbour' before?
- Sam said 'each item of food has a story'. Have you thought about where our food comes from?
- Are there particular items of food that you eat each week that you are now considering where they came from?

James 5 tells us to look to the workers in the field who are crying out. Sam shared some statistics about the impact our eating habits have on the poorest around the world, in particular when it comes to slavery and climate change.

- What was your reaction to these statistics? Are you surprised? Shocked?
- What stops us from being aware of the impact our food has on our neighbours around the world?

Then, James 5 tells us to look at ourselves and our own actions. Sam shared that normally this results in two responses:

1. We grow apathetic given the size of the problem - how hard it is to change our diet and how little difference each person can make, or
 2. We decide we have to do it all in our own steam, living by strict rules that we struggle to live up to.
- Do you associate with either of these responses?

Sam suggested that the response that makes a difference and leads to lasting change is to return to the command of 'love your neighbour'. This agape love, modelled by Jesus, is self-sacrifice and chooses to love the poor ahead of our own preferences.

- What does this actually look like?
- Do you agree that this is key to lasting change?
- Sam also suggested that if we are lead by love it isn't about meeting a certain bar or a one-size fits all rule, instead it is a personal journey for all of us. Do you agree?

What can you as a Hub do to support each other in this? What practical steps can you take as individuals? How can you challenge and encourage each other?