



{Delicious Everywhere}

“My memories of the places I’ve visited locate themselves almost entirely in my senses, particularly in my tastes and smells.” (pg. 94)

- Describe a trip or a memory via your senses. (good journal prompt)

What role has travel played in your life?

{Jazz and Curry}

Are you a recipe follower or a recipe improviser?

Shauna writes about Thomas Keller’s advice to make a recipe your own by making it three times. Do you think Keller’s advice can be applied to daily life? How about our spiritual life? Discipleship?

{Open the door}

“What people are craving isn’t perfection....” (pg. 106)

- Do you act like this is true?

How do you define hospitality?

Shauna defines hospitality as “creating soft and safe places for people to connect and rest.” (pg. 109)

- What are some practical ways you can achieve soft and safe places?

What keeps you from throwing open the door to your home or life?

Can you describe a time when you felt shame about your body? Your home?

{Baking Cookies with Batman}

“The heart of hospitality is about creating space for someone to feel seen and heard and loved. It’s about declaring your table a safe zone, a place of warmth and nourishment.” (pg.114)

- How can we extend this outside of the table, in our communities?

Do you feel compelled to bend over backwards for picky eaters?

{What My Mom Taught Me}

Shauna’s mom taught her that the best is yet to come. Do you think that’s true? Where in your life do you need that reminder?

What are some valuable lessons you’ve learned from your mom?

{Cupcake in the Oven}

What is your relationship with food? or your food perspective, if you will...

Do you have seasons of feasting and fasting in your life?

Shauna writes, “the very things you think you need most desperately are the things that can transform you the most profoundly when you do finally decide to release them.” (pg. 126)

- Have you ever given up anything that you thought you needed (a thing, idea, or circumstance)? What did you discover about yourself or God in the process?

{Love and Enchiladas}

Do you have a group of friends like the House Church?

- How did you meet? Do you still meet?
- What role have those people played in your life and spiritual journey?

Niequist, Shauna. “Bread and Wine.” Zondervan . Grand Rapids, Michigan. 2013.