



## Bread and Wine Themes:

- Food, Family, Faith, Friendships
- The way God nourishes us as we nourish the people around us.
- Hunger, both physical and otherwise, and the connections between the two.

## Shauna's Goal:

“I pray that when you put this book down, you’ll gather the people you love around your table to eat and drink, to be heard and fed and nourished on every level.” (pg. 10)

## Questions:

Have you ever identified yourself as a “bread-and-wine” person (a Christian, a person of the body and the blood)? pg. 11

- What does that mean to you?
- How does that impact your everyday life?

If you knew it was your very last meal, what would you eat? Who would cook it? What would you drink, who would be around the table with you?

Shauna talks about her last supper on page 12. This would be a great journal prompt.

“What’s becoming clearer and clearer to me is that most sacred moments, the one’s in which I feel God’s presence most profoundly, when I feel the goodness of the world most arrestingly, take place around the table.” pg 13

- Where do your most sacred moments take place?

Shauna says many of her most loved books have been about food and gatherings at the table. pg 13

- What are your favorite cookbooks, kitchen memoirs, and books about food?

“Food matters. It’s the thing that connects us, that bears our traditions, our sense of home and family, our deepest memories, and, on a practical level, our ability to live and breathe each day.” pg 14

- Why does food matter to you?

On page 15, Shauna describes how her friend, husband, and father connect with God (nature, music, and water, respectively). Shauna connects to God’s voice and spirit by creating opportunities for the people she loves to rest and connect and be fed around the table.

- How do you connect, or bind yourself, to God? (this would also make a great journal prompt...)

When did you learn to cook? Who taught you?

Do you feel comfortable or welcome in the kitchen?

## EXTRAS

- Shuana touches on many of the themes found in Bread and Wine during a sermon she gave at Willow Creek Community Church. You can watch/listen here: <http://media.willowcreek.org/weekend/together-2013/#content>
- Zondervan put together a few great book trailers for Bread and Wine. It’s fun to hear the author’s voice describe the heart of a book your about to read.
  - [http://www.youtube.com/watch?v=-d\\_0-2\\_SkSs](http://www.youtube.com/watch?v=-d_0-2_SkSs)
  - <http://www.youtube.com/watch?v=2PYdtHkWZvw>

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