



Discussion Guide
S2E12
Tasting Grace with Melissa d'Arabian
January 8, 2020

Quote highlights from Melissa:

“Hospitality is always about the people never about the plate.”

“We are as disconnected from the source of our food as we have ever been in our history.”

“What we say, we start to believe about food.”

“Food is a gift and a joy and we are meant to delight in it.”

“Time spent around food is not wasted.”

Journal Prompts:

In the Bible there’s no “guilt language” related to food. How can you change the language you use to talk about food to yourself, your family, and those around you.

Melissa shares how she has shifted her views on exercising for physical aesthetics/looks to exercising for mental health. What is your current relationship with exercising?

Discussion

Kristin and Melissa talk about all the mixed messages we hear about food. Melissa shares when she gets caught up in the tension of mixed messages she takes a beat and remembers to look to God and ask, “what are You saying about food?” Have you ever asked God what he wants you to learn or know about food?