



Well Fed: Holy Food for a Reconciled Life

Table Topics for Week 2 of Lent 2020

What serves as a window to the holy for you, opening you up to the presence of God? (e.g., music, incense, reading scripture, poetry, architecture, the quiet of a forest, walking a labyrinth)

Have you ever experienced spiritual hunger? Share what it felt like to you.

Can you recall a person (or maybe a place or book) that fed you when you were spiritually hungry?

Babies and toddlers often must be coaxed to try new foods. Is there a new spiritual practice you might try this Lent-perhaps something that didn't "taste" right before-perhaps attend a Holy Week service you've never experienced before?

Food cravings can mean we are lacking in certain nutrients. Have you experienced spiritual food cravings? What might be missing from your diet?

Many of us have a go-to snack when we are hungry-a handful of nuts, a PBJ sandwich. What is your go-to thing when you are spiritually hungry or what could be if you haven't thought of this already?

If this is what physical and mental self-care looks like, what does spiritual self-care look like for you?



Share your responses and reflections with a community of others studying the same topic.

Go to www.dioet.org/well-fed/ to write, share photos, or share a 1-minute video.

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