

# Lunch Date with Jesus

By Erin Davis Gibbons

When you are surrounded by people every day, it might be tricky to find time to sit alone and chat with Jesus. Take some time this week to do just that!

## For

Young Adult

## Season

Fall

## Needed

Paper, writing utensils or a computer, Bible



## Activity Plan

1. Take a look at your calendar for the coming week. On a day when you're free during the lunch hour, block it off and set a lunch date with Jesus.
2. What does a lunch date with Jesus look like? It's not exactly what you might expect. You'll need something to write with – either on paper or electronically. You'll need some lunch. And you'll definitely need an open mind.
3. Plan to have lunch in a place you find relaxing. For some people, it's easy to relax in a busy restaurant or cafeteria. For others, a quiet place away from people is necessary. Decide what's best for you and add it to your agenda.
  - Prepare for your lunch with Jesus. Pick a lesson from the list below or decide on one of your own. Whoever wants to lead must serve first (Matthew 20:26)
  - Don't worry (Matthew 6:25-34)
  - Love conquers all (Mark 12:28-34)
  - The Golden Rule (Matthew 7:12)
  - Need something? Just ask (Matthew 7:7)
  - Don't judge (Luke 6:37-38)
  - Forgive (Matthew 18:21-35)
  - Nothing is impossible with faith (Matthew 17:20)

(List adapted from "12 Must Read Life Lessons from Jesus," Peter G. James Sinclair, [www.pickyourbrain.com](http://www.pickyourbrain.com))
4. At your lunch date, have a conversation with Jesus about the lesson you picked. If you're confused about it, ask questions. If it gets you excited, tell him about it. Overcome your uncertainties about having a conversation with someone who's not physically present. You can be sure he's listening. Write down your thoughts and continue free-writing for as long as your hand will let you.
5. Reflect on your experience.
  - How did it feel to have a conversation with someone who wasn't physically there?
  - Reread what you wrote – are there any surprises?
  - Why do you think it's important to take time to talk to Jesus and God even though they don't always respond directly?
  - How was this similar to prayer? How did it differ?