

Okay Is NOT Okay

By Chip Borgstadt



The dominant story in Western culture tells us that we have what we deserve. Giving thanks to the Creator who provides in abundance helps us remember that we actually have much more than we deserve. Giving thanks calls us to share our blessings.

For

Adult, Couple

Season

Fall

Needed

Containers to transport food, Bible, commitment to share your blessings



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Prepare in Advance

Plan a meal for family or friends. Plan to prepare extra food to be shared with someone in need of a home-cooked meal. If you don't know someone to give this meal to, check with your church for the name of a homebound member who would appreciate a meal and a visit. Contact this person and ask if you and some friends might deliver a meal on the date you have chosen for your dinner. Set the delivery time.

Activity Plan

1. Begin with this prayer of thanks:

God of abundant blessing, thank you for all you have provided. Help us to know how and when to share these blessings, so that all may know your love. Amen.

2. As you begin your meal, read aloud Psalm 100 from your Bible or from the text below. Invite those around the table to tell about something that makes them feel "life is okay" and something that makes them feel life is "more than okay."

Psalm 100

Make a joyful noise to the Lord, all the earth!
Serve the Lord with gladness!
Come into his presence with singing!
Know that the Lord, he is God!
It is he who made us, and we are his;
we are his people, and the sheep of his pasture.
Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him; bless his name!
For the Lord is good;
his steadfast love endures forever,
and his faithfulness to all generations.

3. Before serving dessert, invite your meal companions to help package a meal for the person you have planned to receive it. Go together to deliver the meal. If appropriate, spend a short time visiting with the person.
4. After returning, eat dessert. As you do, invite the people around the table to name the blessings for which they are thankful. Reflect on this question: When is okay not okay—when is "just okay" not enough?

