

Sharing God's Blessings Around the Table

Permission given by Jay Johnston, the National Prayer Director at Family Research Council in DC to use this article featured in his weekly newsletter June 5, 2026. The article is entitled, "Sharing God's Blessings Around the Table." Jay serves as a local Pastor in Louisiana, and Director of Jay Johnston Ministries and Somebodyspraying.com.

Behold, how good and pleasant it is when brothers dwell in unity! Psalm 133:1

Day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts. Acts 2:46

Gathering around the table to share a meal is more than just eating—it's about enjoying fellowship, creating memories, and experiencing the love God pours into our lives through one another. This kind of gathering also offers an opportunity to pray with others. The Bible reminds us how precious unity and togetherness are, especially among those who share faith and friendship.

When we gather to break bread, we echo the early believers in Acts, who met joyfully, encouraging one another in faith and in life. Every shared meal is an opportunity to celebrate God's blessings, encourage one another, and build stronger bonds.

I encourage you to begin praying about who to invite to your table so you can enjoy a special time of unity and gratitude with others. I pray that the Lord will make your heart glad and your table full, reflecting God's love in fellowship.

I was born and raised in New Orleans, where Mondays are known as wash day. People would have red beans and rice because the beans could cook all day while the wash was being done. My wife and I raised our sons with this practice and invited friends and neighbors to join us. These times at our family table were enjoyed not only for wonderful meals but also for tremendous fellowship and life-changing prayer times. I encourage you to pray about beginning this in your home or renewing the effort if you are not currently practicing it there.

After Gwen Campbell, US Director of the Mid-Atlantic Region, read this story from Jay, she said, "This is beautiful. People don't do much of this anymore. It will certainly work with families, neighbors, and building fellowship in the community. This type of action comes from a Greek word known as "Koinonia." It is found in the New Testament and is usually translated as "fellowship." The first place it appears is in Acts 2:42. It is often used in a Christian context to describe a deep, active bond between believers who share their lives, time, and resources, such as food. I attended a church many years ago, and when we would have a meal together, the Pastor would say, 'We're going to have Koinonia.'"

Here is a simple invitation you can use to invite neighbors or friends to your table:

Please come and dine with us! It will be a joy to share food, laughter, and encouragement as we grow in Christ and in friendship. Looking forward to this blessed time together.

Practical Applications

As you consider the various ways your group can use this simple suggestion to invite your neighbors to gather around the table for a time of fellowship, food, and prayer, you will find that once the mind begins to dream, the options are limitless!

Here are a few suggestions to get the creative juices flowing while making your table time inviting and welcoming:

1. Present this thought at your monthly gathering – first by demonstrating it in your meeting. Spend time talking, asking about family members, etc. End the time together with simple worship songs and prayer. Maybe follow the prayer time with games to make the evening filled with fellowship to build relationship. You might consider doing this quarterly to build unity in your group. Keep it simple.
2. Encourage those attending the above meal gathering to open their home to invite a neighbor family in for a time to get to know each other better. If they aren't Christians, let them know that you are and you believe in the power of prayer. Let them know that you are happy to pray over any requests they might have at this meal or at any other time, just call or knock on the door. Then end the evening having fun with a few games that would be appropriate. Always keep prayers short - - just 2-3 sentences.
3. After having a family or two over for a meal, consider doing something for the neighborhood. Consider soft, peaceful music playing in the background. Make the meal a community event with hot dogs or hamburgers complete with the trimmings. Play outdoor games and include the children with age appropriate games. Always have short prayers – over the food and any needs and safety going home.
4. You can weave things like prayer requests, voter registration, city council meetings, or gathering school supplies or gently used school clothes for an outreach together. Always make it fun to build community and participation.
5. If a great movie, like The Great Awakening, is playing, invite those you have been building community with make it a family time at the movies. Afterwards, meet at a home to discuss the movie and any actions the group might want to take. By now, most should feel comfortable with praying together. Even if they aren't full blown intercessors, modeling how to pray, short prayers will be beneficial in making all comfortable as they learn to pray out loud with others.
6. When God answers a prayer or blesses your family, feel free to share at the meals. While some never think about God during their day, hearing how He is involved in your day will make them comfortable coming to you if they have prayer needs.....and eventually coming to Christ.