

While making bread, sharing a meal, or during prayer time reflect on some of the Bible verses about the breaking of bread. You could take turns reading the verses. Maybe look up one that you like and read the entire story from the Bible. If you need help starting a conversation or prayer, check out the reflection questions on the second page.

Matthew 26:26

While they were eating, Jesus took some bread, and after a blessing, He broke it and gave it to the disciples, and said, "Take, eat; this is My body."

Acts 2:46

Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart,

Luke 24:35

They began to relate their experiences on the road and how He was recognized by them in the breaking of the bread.

Acts 2:42

They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Act 20:11

When he had gone back up and had broken the bread and eaten, he talked with them a long while until daybreak, and then left.

Luke 24:30

When He had reclined at the table with them, He took the bread and blessed it, and breaking it, He began giving it to them.

1 Corinthians 10:16-17

Is not the cup of blessing which we bless a sharing in the blood of Christ? Is not the bread which we break a sharing in the body of Christ? Since there is one bread, we who are many are one body; for we all partake of the one bread.

1 Corinthians 11:24-25

and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." In the same way He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me."

Matthew 14:19

Ordering the people to sit down on the grass, He took the five loaves and the two fish, and looking up toward heaven, He blessed the food, and breaking the loaves He gave them to the disciples, and the disciples gave them to the crowds,

Leviticus 2:6

you shall break it into bits and pour oil on it; it is a grain offering.

1 Corinthians 11:24

and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me."

Matthew 15:36

and He took the seven loaves and the fish; and giving thanks, He broke them and started giving them to the disciples, and the disciples gave them to the people.

Acts 27:35

Having said this, he took bread and gave thanks to God in the presence of all, and he broke it and began to eat.

Mark 6:41

And He took the five loaves and the two fish, and looking up toward heaven, He blessed the food and broke the loaves and He kept giving them to the disciples to set before them; and He divided up the two fish among them all.

Luke 22:19

And when He had taken some bread and given thanks, He broke it and gave it to them, saying, "This is My body which is given for you; do this in remembrance of Me."

Acts 20:7

On the first day of the week, when we were gathered together to break bread, Paul began talking to them, intending to leave the next day, and he prolonged his message until midnight.

1 Corinthians 10:16

Is not the cup of blessing which we bless a sharing in the blood of Christ? Is not the bread which we break a sharing in the body of Christ?

Matthew 14:20

and they all ate and were satisfied. They picked up what was left over of the broken pieces, twelve full baskets.

Mark 8:6

And He directed the people to sit down on the ground; and taking the seven loaves, He gave thanks and broke them, and started giving them to His disciples to serve to them, and they served them to the people.

Mark 14:22

While they were eating, He took some bread, and after a blessing He broke it, and gave it to them, and said, "Take it; this is My body."

Luke 9:16

Then He took the five loaves and the two fish, and looking up to heaven, He blessed them, and broke them, and kept giving them to the disciples to set before the people.

Reflection Questions:

- Why do you think the sharing of a meal and breaking bread together was so important to the early Church?
- What does it mean to share a meal with someone? Who do you usually share meals with? Who do you avoid sharing meals with, why?
- Is mealtime important to your family? Why or why not?
- Jesus celebrated the Last Supper with His disciples. Who would you want to be there if you were celebrating an important meal or your own last supper?