

APRIL

Small Group Guide

Breaking Bread

SUGGESTIONS FOR THIS MONTH'S MEETING:

- Happy Easter! Don't forget to celebrate the Lord's Resurrection with your group this month. If you haven't already, ask your group members what ideas they have for an Easter celebration; perhaps a social get-together with your families, attending Mass together, or praying the Divine Mercy Novena as a group.
- One particular way you might consider celebrating is related to this month's theme: by breaking bread together. Your group could plan a potluck brunch or a Sunday family picnic (weather permitting). Finding a way to work in a shared meal would be a wonderful resolution for this month's Reclaiming Sundays topic.

DISCUSSION QUESTIONS

1. *Growing up, what did shared meals look like in your home? How has that shaped the way you approach meals with family or friends today?*

2. *Why do you think breaking bread together has been such a central part of Christian life throughout history — and why does it still matter today?*

3. *In this month's video, Marta mentions that Saint Teresa of Ávila would set out an empty chair for Jesus at dinner every Palm Sunday. What is one way you could "leave an empty chair" for Jesus at mealtimes in your own home?*

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4. *Meals are a natural opportunity to practice hospitality — even with the people we live with. What might it look like for your family to be a little more intentional about this on Sundays?*

