

Why This Matters

Spiritual formation doesn't just happen in church services. It happens in conversations, in shared meals, and in everyday life.

One meal at a time, God forms His people into a family.

A Simple Prayer

Lord, thank You for this meal and these people. Help us to be present with one another and aware of Your presence among us. Amen.

The Table Challenge



*They ate together with glad
and generous hearts.*

– Acts 2:46



A Six-Week Experiment in Shared Meals

In a world of rushed dinners and constant distraction, we are rediscovering a simple but powerful practice:

Eating together.

Not in a hurry.

Not on screens.

But with intention.

The early church didn't just gather in rows — they gathered around tables. And God used those meals to form a family.

The Challenge

Once each week:

- Share one intentional meal.
- Practice the four habits on the opposite page.
- Invite at least three guests to your table.

The Four Practices

1. Be Present
Turn off TVs. Put phones away. Give your full attention.
2. Be Thankful
Begin with gratitude. Thank God for this meal, these people, and His work in your life.
3. Be Curious
Ask one or more meaningful questions:
 - How are you doing, really?
 - What is God teaching you?
 - What are you celebrating?
 - What burden are you carrying?
 - How can I pray for you?
 - Who else needs a chair?
4. Be Welcoming
Invite someone to your table: a friend, neighbor, someone new, or someone who cannot repay you.