

## New Year's Table Guide

**Table purpose statement** (Can be shared at the start or before the Discovery section):

*This group exists for the purpose of discipleship. A disciple is someone who loves and obeys Jesus. (John 14:15) That means our focus is hearing from God and taking steps of faith. Our goal is to multiply another healthy Table. That means one day, some of you will lead a group like this!*

### Table Talk (1/3 of meeting)

- What's your go-to solution when you have a cold?
- How was your Christmas? Looking back, how was God speaking and/or at work?
- Worship together through song. Recommended: [O Come All Ye Faithful](#).

### Discover what God is saying to you. (1/3 of meeting)

Read [Joel 2:12-13 NLT](#)

Each and every year, we have a chance to “return to God.” This guide gives a process for reviewing the past year with the Holy Spirit to remember what God has done and to discern where He is prompting us to step out in faith. Have paper and pens available for everyone to journal.

1. On your paper, make 4 columns. Going down the left side of the paper, write down 3-4 of the most relevant categories in your life. While you can do this for many areas, it may be best to limit yourself for this meeting. *Example categories: Spiritual, Relational (family/friends), Work, Finances, Health.*
2. At the top of columns 2-4, write the following: “High points”, “Low points”, and “Reflections.”
3. Take out your phone to look through your pictures and calendar to recall key events from the past year.
4. Have someone pray for the group. Ask the Spirit to guide us to the areas where God wants to reveal and speak. Give 20-30 minutes for everyone to reflect on their own.

### Go do it. (1/3 of meeting)

- Take turns summarizing your reflections on the past year. In what ways do you need to “return to God” in the New Year?
- For centuries, Methodists have started the New Year by dedicating themselves to God through the Wesleyan Covenant Prayer. You can have the group pray this in unison or have one person. Read it slowly and with meaning.

*I am no longer my own, but yours.*

*Put me to what you will, place me with whom you will.*

*Put me to doing, put me to suffering.*

*Let me be put to work for you or set aside for you,  
Praised for you or criticized for you.  
Let me be full, let me be empty.  
Let me have all things, let me have nothing.  
I freely and fully surrender all things to your glory and service.  
And now, O glorious and blessed God,  
Father, Son, and Holy Spirit,  
You are mine, and I am Yours. So be it.  
And the covenant which I have made on earth, Let it also be made in heaven. Amen.*