

The TABLE

The Family Table Psalm 128:1-3; Deuteronomy 6:1-7

*These questions are provided to lead the group in **applying** the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.*

1. Share how you blessed someone this week who is not yet a follower of Jesus where you live, work, learn, or play. Any challenges you are having?
2. Growing up as a child and teenager, did your family regularly eat a family meal together? If so, describe it. What was it like for you? What kinds of memories surface?
3. As an adult, does your family regularly eat together? If so, why is this important to you?
4. Read Psalm 128:1-3. Describe the well-being of children who have parents who follow God, and notice where the children are seated. Discuss some of the research shared in the sermon about the positive physical, relational, emotional, mental, and spiritual benefits of a family sharing a regular meal together. Talk about the power of the family table. How does this motivate you to make it more of a priority for your family?
5. The book of Deuteronomy was written around 1,400 BC, right before the people of God went into Canaan, the land God had promised them. The Canaanite culture was brutal and against the God of the Bible. Moses uses Deuteronomy to renew God's covenant with his people and to prepare them to live out their faith in the harsh, dangerous world they were about to enter. What are some parallels to our culture today?
6. Read Deuteronomy 6:1-3. For whom and what are the commands, decrees, and laws intended? What happens if we obey the commandments of God? What is the resulting attitude toward God? Who does it benefit and how?
7. Read Deuteronomy 6:4-5. Verse 4 was a confession of faith called the "Shema," which means "to hear." They were to repeat it out loud daily. Why is it important to daily remember and tell our children that there is only one great God? What are some examples in your life of loving God with all your heart, soul, mind, and strength?
8. Read Deuteronomy 6:6-7. What does it mean for commandments to be on the heart? Why is it important for parents to apply verse 6 before following the instructions in verse 7? What happens when this is not done? What method of teaching is being discussed in verse 7? What would this look like in action today? Give some examples.
9. The phrase "when you sit at home" refers to the family table. Discuss the eight Ingredients of the Family Table from the sermon (on the back). Which "ingredients" do you currently include in your family table times? Which ones are missing? Which ones do you want to start adding? Which ones do you think are the most important and why? How could your family be more like Jesus if you included all these ingredients?
10. How can this group pray for you and our church this week?

Ingredients of the Family Table

The Table Setting

1. **Aim for Consistency:** Eat together daily or at least several times a week.
2. **Involve Everyone:** Invite kids to help with cooking, setting the table, serving, or cleaning up.

The Table Manners

3. **Minimize Distractions:** No screens (phones, TVs) and focus on presence over perfection.
4. **Encourage Healthy Conversation and Connection:** Respect, intentional questions, openness, listening, and laughter.

The Table Rituals

5. **Begin with Prayer:** Someone different each time.
6. **Use Liturgy:** Phrases, sentences, or observances shared at every meal. (Highs and lows today? Where did you see God at work? What are you thankful for? How did you practice a BOLD Habit today?)

The Table Menu

7. **Provide Spiritual Nourishment:** Disciple the family. (Share a verse, devotional thought, or BOLD Story and use the Life Church Parent Cues.)
8. **Provide Missional Nourishment:** Model hospitality by inviting neighbors, friends, or church members to join your family table.