



The Table

A Table Rhythm – Part 5 – The Table (September 7, 2025)

Sermon Recap

- **The Big Idea:** The rhythms you practice determine the person you become.
- Jesus chose the table as the rhythm to shape His disciples and redefine family.
- Spiritual rhythms are not just about what we do but also who we do them with.
- The table is where faith is formed, family is redefined, and even betrayal can be transformed by grace.

Connect (Icebreaker)

- Are you more of a routine person or a “go with the flow” person? Share an example of a routine you love or one you’ve tried (and failed) to keep.
- What’s your funniest or most memorable “family meal” story?

Contemplate (Scripture & Discussion)

Read Luke 22:14–22

- Why do you think Jesus chose the Passover meal—a familiar rhythm—to establish the New Covenant?
- How does it encourage you to know that Jesus invited His disciples, including Judas, to the table?

Read Acts 2:46–47

- How do you see rhythms of worship and fellowship shaping the early church?
- What stands out to you about the way they practiced community daily?

Read Matthew 12:48–50

- How does Jesus redefine “family” here?
- What does it mean for us that spiritual family is just as real (and sometimes even more formative) than biological family?

Reflection Quotes:

- John Mark Comer: *“We become our habits. What we give our attention to is the person we become.”*
- Eugene Peterson: *“Following Jesus is a long obedience in the same direction.”*

How do these quotes challenge or encourage you in your current rhythms of faith?

Consider (Application)

- What rhythms are currently shaping your life? Which ones are intentional? Which ones are unintentional?
- Who is at your “table” right now—both physically and spiritually? Who might God be asking you to invite in?
- Have you been hesitant to join or commit to community because of past hurt or fear of betrayal? How does Jesus’ example speak into that?
- What is one rhythm you could commit to this week that would help you grow in faith and connection with others?

Cover (Prayer)

- Pray that God would help each person in the group establish rhythms that form them into Christlikeness.
- Pray for healing where there has been betrayal, disappointment, or pain in community.
- Pray for our groups—that they would become spiritual families where people find belonging, encouragement, and growth.

Practices for the Week

- Table Rhythm: Share at least one meal this week with your family or friends where you intentionally pray, talk about faith, or read Scripture together.
- Community Step: If you’re not already in a community group—join one this week. If you are—invite someone new to come with you.