Iron Sharpens Iron…
Life Around the Table

The word “discipleship” can sound intimidating. It’s easy to feel unqualified—like you need a seminary degree, a theology certificate, or a multi-step program just to help someone grow in faith. But Jesus showed us a much simpler way through everyday relational living. True discipleship happens in ordinary moments. It’s offering a quick prayer, showing mercy, granting forgiveness, sharing hope, or simply telling your story of what God has done in your life.

Proverbs 27:17 reminds us, “As iron sharpens iron, so one person sharpens another.” You don't need a degree to walk with someone. You just need a willing heart.

The Table as an Altar
36 One of the Pharisees asked him to eat with him, and he went into the Pharisee's house and reclined at table. 37 And behold, a woman of the city, who was a sinner, when she learned that he was reclining at table in the Pharisee's house, brought an alabaster flask of ointment, 38 and standing behind him at his feet, weeping, she began to wet his feet with her tears and wiped them with the hair of her head and kissed his feet and anointed them with the ointment.
Luke 7:36-39

> Jesus did not just preach to crowds. He sat down with individuals. The table turns strangers into neighbors and neighbors into brothers and sisters.

From Hostility to Hospitality
5 And when Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down, for I must stay at your house today.” 6 So he hurried and came down and received him joyfully. 7 And when they saw it, they all grumbled, “He has gone in to be the guest of a man who is a sinner.” 8 And Zacchaeus stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold.” 9 And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. 10 For the Son of Man came to seek and to save the lost.” Luke 19:5-10

> In a culture divided by outrage, a shared meal is a radical act of peacemaking. Table fellowship turns 'us versus them' into 'we'. Speak Jesus at your tables.

Soul Food
28 So they drew near to the village to which they were going. He acted as if he were going farther, 29 but they urged him strongly, saying, “Stay with us, for it is toward evening and the day is now far spent.” So he went in to stay with them. 30 When he was at table with them, he took the bread and blessed and broke it and gave it to them. 31 And their eyes were opened, and they recognized him. And he vanished from their sight. 32 They said to each other, “Did not our hearts burn within us while he talked to us on the road, while he opened to us the

Scriptures?” 33 And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, 34 saying, “The Lord has risen indeed, and has appeared to Simon!” 35 Then they told what had happened on the road, and how he was known to them in the breaking of the bread. Luke 24:28-35

> Miracles, revelations, and genuine transformation often happen not in formal temple settings, but through food, fellowship, and faith.

How can I do this in real life?

1. The "1-1-1" Table Challenge:

- Invite 1 person (a neighbor, co-worker, or someone lonely) over for 1 meal during the next 1 month.

2. Model Jesus' Table Habits:

- Listen twice as much as you speak.
- Ask intentional questions ("What was the best part of your week?", "Where have you felt stressed lately?").
- Pray a simple blessing over the meal and the people sitting around it.

Never underestimate the power that text messages, check-ins, or simple catch-ups will yield. Small, ordinary habits shape relationship and create an environment for spiritual growth.

<u>Food opens the appetite, but fellowship opens the heart.</u>

The Second Mile: *Going Beyond Sunday*

Let’s dig deeper together to see how God is calling and equipping each of us to reach the lost.

Monday – Who is one person in your daily routine you can intentionally pray for today? Send them a note to let them know what they mean to you.

Tuesday – Discipleship often happens over food. Who could you invite for lunch or coffee this week? Set it up, keep your phone in your pocket, and cherish the precious moments.

Wednesday – Think back to when you first trusted Jesus. Who brought you into that relationship? Thank God for them today. Who can you lead to Him?

Thursday – Jesus met Zacchaeus right where he was. How can you extend an unhurried moment to someone today? How can these moments change your life and theirs?

Friday – Ask God today: "Lord, show me someone who needs an encouraging word before the weekend. Make the effort, share the love, and witness God’s love at work.