



Table Group Discussion Guide

Series: Life at the Table | Title: “Broken” | September 6, 2026

Looking Back (5 minutes)

Last week the challenge was to **set one more place at your table** — invite one person to eat with you, ideally somebody who’d be surprised to be asked. No agenda, no pitch.

- Did you do it? If you didn’t, say so — no guilt, but say what got in the way. If you did, how did it go? Was it awkward? Easier than you expected? What did you notice?

Warming Up (5 minutes)

1. What’s something in your house right now that’s broken but you haven’t thrown away? Why are you keeping it?

Getting to Know Each Other (10 minutes)

Jeff named three layers of brokenness: **frailty** (the limits of a mortal body and mind), **failure** (the bonds we break ourselves), and **fallenness** (a world that doesn’t work the way it was made to). Most of us have a default — the one we notice first and feel most.

2. Which of the three do you feel most intensely right now? Not which sounds most spiritual to name — which one actually shows up in your week?

Getting Into the Word (20 minutes)

Scripture: **Luke 22:14–20, Psalm 51:1–4, Genesis 15:9–18, Romans 5:20**

Read **Luke 22:14–20**. This is Passover — the meal that remembers the night God dealt with evil and rescued his people. But they’re eating it under Roman occupation. So they’re sitting at a table celebrating a rescue while still needing one. And Jesus keeps talking about suffering and a kingdom that hasn’t come yet.

3. Where in your life are you sitting at that table right now — grateful for something God has already done, while still waiting on something he hasn’t? What’s it like to hold both at once?

Read **Psalm 51:1–4**. David has just done the worst thing he will ever do. And notice how he opens — not “God, I know you’re furious” but “have mercy according to your faithful love, according to your great compassion.” He confesses because he already knows how good God is. Blessed comes before broken.

4. Is God the first person you go to when you fail, or the last? What does your honest answer tell you about what you believe God feels toward you?

Young Adults: A lot of people your age carry a version of God shaped by whoever taught them first — a youth pastor, a grandparent, a church you left, or the internet. When you mess up, whose voice do you actually hear? And is it God’s?

Read **Genesis 15:9–18**. Animals cut in two, a covenant made by walking between the pieces. The meaning was blunt: if I break this, may I be cut in two. Israel broke it — and the nation itself was eventually split in two. Then Jesus picks up bread, breaks it, and says “this is my body, given for you.” He takes the cutting he didn’t earn.

5. What does it change for you that Jesus was faithful on your behalf — not that he made faithfulness easier, but that he already did it for you? Where are you still trying to earn a covenant that’s already been kept?

Going Deeper with Each Other (20 minutes)

Jeff drew a line between two kinds of vulnerability. There's showing someone a **scar** — healed over, safe, a story now. And there's letting someone look at a **wound that's still open**. Most of us are willing to do the first and terrified of the second. 5,000 followers can't heal you unless five of them actually know you.

6. Which do you tend to share — scars or wounds? Who in your life, if anyone, has seen a wound that hadn't healed yet? And if the honest answer is nobody, what would it take?

Young Adults: You've grown up with vulnerability as a genre — the caption, the story, the post that's honest but still edited. What's the difference between being open online and being known by someone in the room? Which one are you better at?

Kintsugi is a Japanese art form where broken pottery is repaired with gold, and the repaired piece ends up worth more than the one that never broke. Augustine said something similar about the fall itself — *felix culpa*, "O happy fall, that gained for us so great a redeemer."

7. Is there a break in your story that God has already filled with gold — something you'd never have chosen, but that made something possible? And is there one you're still waiting on?

A quote from Sunday was: "Bread that is not broken cannot be shared." Which means the parts of your story you're most tempted to hide may be exactly the parts somebody else needs.

8. What have you been through that could actually be bread for someone — not as a lesson or a tidy testimony, just as "I've been there too"? **ACTION BONUS:** Think of one person walking through something you've walked through. Reach out this week and tell them you've been there. Don't fix anything.

Circling Back (5 minutes)

Where sin abounds, grace abounds **more**. Not repair — *more*. That's the claim: God doesn't just patch what broke, he makes something that couldn't have existed otherwise.

9. Do you actually believe that about your own life? Where's that easy to believe, and where is it hard? What's one thing you're taking away tonight?

Pray for Each Other (10 minutes)

Before you start: some of us have been following Jesus for a long time, some are newer at it, and some are still figuring out what they believe. All of that is welcome at this table. Nobody has to pray out loud, and nobody has to agree with something they haven't decided on yet.

On Sunday we made circles of four and named where we needed grace before receiving communion. Do the same thing here, but maybe with more time than a Sunday allows.

Go around the table. Each person finishes this sentence out loud: "Here's where I need God's grace to fill the spaces in my life right now..." If that feels like too much, "just pray for God's grace to fill me" is a complete answer and nobody should push for more.

After each person shares, don't respond — just pray for them, right then, before moving on. No advice, no "the same thing happened to me." Just prayer.

One Thing to Carry into the Week

Tell one person one true thing. Not the update. Not the version you'd post. One honest sentence about where you actually are — said out loud, to a real person, this week.

It can be someone in this group. It can be someone outside it. It doesn't have to be your deepest wound — just something truer than what you'd normally say.

Because bread that is not broken cannot be shared. Come back and tell someone how it went.