



Table Group Discussion Guide

Series: Life at the Table | Title: “Blessed” | August 30, 2026

Looking Back (5 minutes)

This is the first week of a new series, so we’re looking back at the whole summer instead of just last week. Seven weeks in Proverbs, and it ended with four words: look up, look out.

- Did anything from Proverbs actually stick? A verse, a practice, a phrase you keep coming back to? And if the honest answer is “not really,” say that — that’s worth talking about too.

Warming Up (5 minutes)

1. What’s a meal you remember — not because the food was good, but because of who was at the table?

Getting to Know Each Other (10 minutes)

Jesus and his disciples were headed out for a private retreat when the crowd found them. The disciples had earned that time. And then Luke 9:11 says Jesus welcomed them. Not tolerated. Not put up with. Welcomed.

2. When have you walked into a room and genuinely felt welcome — not just permitted, but wanted? What made the difference? Was it something someone said, or something they did?

Getting Into the Word (20 minutes)

Scripture: **Luke 9:10–17, Luke 5:29–32, Genesis 1:27–28, Genesis 12:1–3**

Read Genesis 1:27–28. The Greek word for *blessed* is **eulogeo** — where we get the word *eulogy*. It just means **to speak good words**. We save eulogies for after somebody dies. All the good things nobody said while they were alive. But God spoke good words over you before you were born.

3. What are the words you carry around about yourself — the ones that play automatically when you fail at something? Where did they come from, and who said them first?

Young Adults: You’ve grown up with an unusual amount of feedback — likes, comments, views, the constant low hum of being evaluated. What does that do to a person? And if God spoke good words over you before any of that existed, what would change if you actually believed it?

Read **Luke 5:29–32**. When the religious people ask why Jesus is eating with tax collectors, he doesn’t say “they’re not that bad.” He says it’s the sick who need a doctor. Which means Levi and everyone at that table just got called sick — and welcomed — in the same breath. Welcome and healing. Inclusion and transformation. Both, at the same table.

4. Which half do you tend to ignore? Are you more likely to welcome someone and never say the hard thing — or to diagnose people you’ve never actually welcomed? Be honest about your reflex.

Read **Luke 9:12–17**. The disciples say, “send them away.” Jesus says, “you give them something to eat.” He could have made food appear in five thousand laps. He didn’t. He handed it to the disciples and made them part of it. The multiplication is stunning — but so is the participation.

5. When has God used you to answer somebody else’s prayer? And be honest — have you ever looked at a need and thought “send them away” because you didn’t think you had enough to offer?

Going Deeper with Each Other (20 minutes)

Jeff named something a lot of us carry: growing up hearing *you're welcome here if* — if the grades hold, if you perform, if you meet the standard. Or the other version, where you were the interruption, and something else was always more important.

6. Which version, if either, was your home? How does that still show up in the way you pray — or in whether you pray at all?

Young Adults: You're at the age where you start seeing your family of origin clearly for the first time — sometimes with gratitude, sometimes with grief, often both. What are you starting to notice about how you were raised that you couldn't see at seventeen?

Jeff said: "*We can't begin to talk about a journey of change until we've welcomed people with love.*" Most of us have gotten that order backward at least once.

7. Think of someone you've been quietly diagnosing — a family member, a coworker, someone in your feed. What would it actually look like to welcome them before you say anything about changing them? **ACTION BONUS:** Reach out to that person this week with no agenda. A text, a meal, a question. Nothing to fix.

Blessing was never meant to stop with you. God tells Abraham "I will bless you" — and we usually stop reading right there. But the sentence keeps going: "and all the families of the earth will be blessed because of you."

8. Where has your faith become a *me and Jesus* story? What would it look like for the blessing to move through you rather than stop with you — this month, not someday?

Circling Back (5 minutes)

Three things happen at the table: you are welcomed, you are healed, and you are sent.

9. Which of the three do you most need right now? And which one are you most likely to skip?

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.

This week, do a eulogy in reverse. Go around the table one person at a time. For each person, the rest of the group speaks one good word over them — something true you actually see. Not flattery. Not a compliment about their appearance. Something about who they are.

One Thing to Carry into the Week

Set one more place at your table. Sometime this week, invite one person to eat with you — a meal at your house, lunch at work, coffee, whatever's realistic. Pick somebody who'd be surprised to be asked.

No agenda. No pitch. You're not trying to get them to church. You're practicing the thing Jesus did constantly: *he welcomed them*.

Name the person out loud to the group before you leave. We'll follow up next time.