THE DISCIPLESHIP TABLE

Six shared meals for growing together in the way of Jesus

A simple guide for two or three people to gather around a table, open Scripture, tell the truth about their lives, and practice following Jesus together.

Be with Jesus. Become like Him. For the sake of the world.

BEGIN WITH A TABLE

Discipleship is learned in the company of Jesus and practiced in the company of others. Across the Gospels,

meals become places of welcome, honest conversation, repentance, and unexpected grace. This guide invites two or three people to share six meals with that same openness.

There is no need for a polished meal or an expert facilitator. Bring something simple to eat, a Bible, and a willingness to listen. You can meet weekly or every other week. Each gathering is designed for 60–90 minutes.

A repeatable rhythm

- Arrive (10 minutes): Share a meal or snack. Ask how each person is really doing.
- Read (10 minutes): Read the passage aloud, perhaps twice. Notice words, images, and questions.
- Talk (25–35 minutes): Use the questions as a doorway, not a checklist. Leave room for silence.
- Practice (10 minutes): Choose one concrete response to live out before the next meal.
- Pray (10 minutes): Share requests and pray for one another by name.

A covenant for the table

We will listen without rushing to fix one another. We will treat personal stories with care and keep confidences, except when safety requires seeking help. We will be truthful about our lives, respect each person’s pace, and follow through on what we commit to practice.

If someone describes abuse, danger, or a serious mental health crisis, prioritize safety and connect with appropriate professional or pastoral support.

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MEAL 1 / SIX SHARED GATHERINGS

COME AND SEE

Read aloud: John 1:35–42

Jesus begins with an invitation: “Come, and you will see.” Before the disciples understand everything, they spend time with him. Discipleship begins with attention and relationship.

Talk around the table

- What do you notice about Jesus’ first question, “What do you want?”
- When have you felt drawn toward Jesus, and what helped you respond?
- What currently makes it difficult to spend time with him?

Practice before we meet again

Choose a 10-minute window on four days this week to read a Gospel passage slowly and respond in prayer.

Pray together

Jesus, help us notice your invitation and make room to be with you.

What I want to remember

MEAL 2 / SIX SHARED GATHERINGS

ABIDE

Read aloud: John 15:1–11

Jesus describes life with him as abiding: an ongoing dependence that produces fruit over time. Our practices

make space to receive his life.

Talk around the table

- What does the vine-and-branches image reveal about dependence?
- Where are you trying to force growth through effort alone?
- What rhythm helps you remain attentive to Jesus in ordinary life?

Practice before we meet again

Begin each day with one minute of stillness and the prayer: “Jesus, I belong to you. Teach me to remain in your love.”

Pray together

Lord Jesus, teach us to remain in you through the hours of an ordinary day.

What I want to remember

MEAL 3 / SIX SHARED GATHERINGS

A NEW WAY OF LOVING

Read aloud: John 13:1–17, 34–35

At a meal, Jesus washes his disciples' feet. He gives them a picture of love expressed through humble, practical service.

Talk around the table

- What surprises you about the actions of Jesus in this scene?
- Whose needs are easy for you to overlook?
- Where could love become visible through a specific act of service?

Practice before we meet again

Serve one person this week in a way that costs you time or convenience. Do it without seeking recognition.

Pray together

Jesus, reshape our instincts so that we love as you have loved us.

What I want to remember

MEAL 4 / SIX SHARED GATHERINGS

TRUTH, GRACE, AND CONFESSION

Read aloud: Luke 19:1–10

At Zacchaeus's table, Jesus' welcome opens the way to repentance and repair. Grace makes honesty possible and invites a changed life.

Talk around the table

- What does Jesus do before Zacchaeus announces any change?
- Where do you find it difficult to be honest about your choices?
- Is there a relationship or responsibility that calls for repair?

Practice before we meet again

Make one honest confession to God and, when appropriate and safe, take one concrete step toward making

things right.

Pray together

Merciful God, meet us with truth and lead us toward freedom and repair.

What I want to remember

MEAL 5 / SIX SHARED GATHERINGS

THE OPEN CHAIR

Read aloud: Luke 14:12–24

Jesus challenges the habits that determine who gets invited and who gets left out. The kingdom of God expands our imagination for hospitality.

Talk around the table

- Who tends to be welcomed into your life, and who remains at a distance?
- What might it cost you to widen your table?
- How can an invitation communicate dignity rather than make someone feel like a project?

Practice before we meet again

Invite someone outside your usual circle to share a meal, coffee, or conversation. Listen more than you speak.

Pray together

God of welcome, give us eyes to see the people you have placed near us.

What I want to remember

MEAL 6 / SIX SHARED GATHERINGS

SENT FROM THE TABLE

Read aloud: Luke 24:13–35; Matthew 28:18–20

The risen Jesus is recognized in the breaking of bread, and his followers return to share the news. Encounters with him move outward into witness and everyday mission.

Talk around the table

- What do you learn from the disciples' journey from confusion to recognition?
- Where have you noticed Jesus at work during these six gatherings?
- What shared rhythm would help you keep following him beyond this guide?

Practice before we meet again

Choose one ongoing practice together: a monthly meal, a shared act of service, or a recurring Scripture conversation. Set a date.

Pray together

Risen Jesus, open our eyes to your presence and send us into the world with your love.

What I want to remember

YOUR TABLE PLAN

Write down the practical details now. A simple plan makes it easier to begin and easier to continue.

The people at our table

Where and when we will meet

How we will share food and hosting

How we will stay in touch between meals

One thing we hope God will grow in us

AFTER THE SIXTH MEAL

Discipleship is a lifelong response to Jesus. Before you finish your last gathering, make space to name what

you have noticed and decide what comes next.

- What has changed in how we pay attention to Jesus?
- Which practice has been life-giving enough to continue?
- Who else might benefit from an invitation to the table?
- When will we meet again?

Our next shared meal

Our shared practice for the next month

A closing blessing

May the risen Christ meet us in the breaking of bread. May his Word take root in our lives, and may the welcome we receive from him become welcome we extend to others. Amen.

Scripture references are provided for reading from your preferred Bible translation.

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