A TABLE-CENTERED RULE OF LIFE

A simple, sustainable guide to being with Jesus, becoming like Him, and living for the sake of the world - one ordinary meal at a time.

A rule of life is a trellis for growth: a set of intentional rhythms that make room for love of God and neighbor. The table gives those rhythms a place to land.

Begin with grace. This is an invitation, not a scorecard. Your table may be a kitchen counter, a cafeteria seat, a coffee shop, or a shared bench. You can practice hospitality whether you live alone, with roommates, or with family.

Scripture to carry: Luke 24:30-31; Acts 2:42-47; Romans 12:13; Hebrews 13:2. Read these passages in your preferred Bible translation and notice what happens around meals.

NAME / HOUSEHOLD: _____

DATE I BEGIN: _____

01 Begin with a vision

A table-centered life makes room for presence, prayer, conversation, generosity, and welcome. Rather than trying to host impressive meals, choose practices that fit your actual season of life.

My hope for the people around my table

When people leave my table, I hope they feel...

Who is already at my table?

Name the people you share ordinary life with: family, neighbors, coworkers, classmates, friends, or people who are often overlooked.

What gets in the way?

Consider hurry, screens, exhaustion, shame, clutter, finances, or an overfilled calendar.

A guiding sentence

Complete: "By God's grace, our table will be a place where..."

02 Choose your rhythms

Start small. Choose one practice from each rhythm, and adapt the frequency to your capacity. The goal is faithfulness over time.

Rhythm	A simple practice	My commitment
DAILY | Presence	Share one device-free meal or 10-minute conversation. Ask: "What gave you life today?"	_____ _____
DAILY | Prayer	Offer a brief prayer of gratitude before or after eating. Remember one person by name.	_____ _____
WEEKLY | Welcome	Make room for someone beyond your usual circle: a neighbor, new friend, or someone who eats alone.	_____ _____
WEEKLY | Generosity	Share food, a listening ear, practical help, or a meal delivered to someone in need.	_____ _____
MONTHLY | Celebration	Mark God's goodness with a meal, story, Sabbath feast, or simple tradition.	_____ _____
SEASONALLY | Reflection	Review the rhythms, release what is unsustainable, and listen for whom God is inviting you to notice.	_____ _____

Keep it accessible: Hospitality does not require a large home, elaborate cooking, or spending beyond your means. A sandwich and unhurried attention can be a generous gift.

03 A liturgy for the ordinary table

Use these four movements at any meal. They can take two minutes or unfold over an entire evening.

1. ARRIVE | Put down what distracts

Set aside phones when possible. Take a breath. Look one another in the eye. Make room for whoever is present.

2. GIVE THANKS | Receive the meal as gift

Pray simply: "Jesus, thank you for this food and for the people around this table. Make us attentive to your presence and generous toward one another. Amen."

3. MAKE ROOM | Practice holy curiosity

Try one question: "What has been heavy lately?" "Where did you notice grace?" or "How can I support you this week?" Listen without rushing to fix.

4. GO IN PEACE | Carry the table outward

Before leaving, name one act of love that can continue beyond the meal: an invitation, encouragement, apology, or practical help.

For households with children

Invite everyone to share a high and a low. Let children offer the prayer, choose a question, or help welcome a guest. Keep it playful and brief.

For a table of one

Eat without rushing. Pray for someone by name. Consider inviting a friend to join you in person or by phone once this week.

04 Make your weekly plan

Choose realistic moments for connection and hospitality. Leave room for rest and unexpected interruptions.

Day	Table practice or person	When / where
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

One person I will invite or encourage this week

One barrier I can remove

One way I will protect rest and margin

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Build a rhythm without overloading your calendar. Repeat what bears fruit; adjust what does not.

Week	Practice	Reflection
1 | NOTICE	Share three unhurried meals. Notice who is present and what tends to distract you.	Where did I sense connection?
2 | PRAY	Add a simple prayer of thanks and one meaningful question at the table.	What changed in our attention?
3 | INVITE	Extend one low-pressure invitation: coffee, lunch, leftovers, or a walk.	Who might need a place to belong?
4 | SHARE	Offer one tangible act of generosity and choose a sustainable rhythm for next month.	What practice can I carry forward?

At the end of 30 days

What was life-giving?

What felt forced or unrealistic?

What one or two rhythms will I keep?

A closing prayer: Lord Jesus, you met people at ordinary tables. Teach us to slow down, make room, receive your grace, and share your love. May our homes and everyday places become signs of your welcome. Amen.