
At the Table

growing closer to the Trinity and each other



1st Edition

At the Table

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Welcome to

At the Table

Why gather?

THE GOSPEL! We want to learn how to navigate and engage our culture, to be in the world and live the gospel. (This theme will run through every lesson throughout the year.)

Simply put, we want to deeply ...

Know God

Know others

Grow in our faith.

What are we doing?

Our intention is to ...

Draw near to God and His people

Gently, lovingly enter into others' lives

Learn some relational skills

Gain from the wisdom of other mature Christian believers

What do I need?

You'll be given information and exercises to explore each month. They're online at www.cspc.net/sos, then look for "At the Table."

You'll need a copy of *The Blue Book* by Jim Branch (\$15.99 on Amazon or \$9.99 Kindle edition).

An open heart. Take off the protective gear, the masks, and the anxiety about being known. Your group promises to keep what you say confidential.

Knowing and Being Known



When He was at the table with them,
He took bread,
gave thanks,
broke it
and began to give it to them.
Luke 24:30

Knowing and Being Known

January

Knowing and Being Known

Getting to Know Your Peeps

This month is dedicated to you all getting to know each other. What does that look like?

Swap stories.

Share meals.

Listen intently.

Live honestly with each other.

Tell it all — don't hold back — and let people in.

Guards down, love up!

Getting Started

Set your times to gather, delegate food responsibilities, and find your host home/place.

One by one, starting with your leader, take between 30-40 minutes to tell your story. It's a luxurious amount of time ... don't rush, don't just give the highlight reel.

Consider the image of a long fence bolstered by posts. Picture that as the timeline of your life, with the fenceposts being significant times, moments, people, places, and events. Thinking through your life story, what are your fenceposts? How can you summarize your life for others so they have a strong understanding of who you are?

You can also tell your life story in 5- or 10-year increments, if that is helpful to you.

Look for the movements of God in your life, because *your* story is a part of *His* story (history). Where is Jesus in your story now?

My leader's contact info:

Our first meeting place:

What yummy I'm bringing
to share:

