

TABLES

Tables are intended to cultivate space for deep and honest relationships that offer challenge and encouragement in equal measure.

WHY JOIN A TABLE?

Tables is our way of helping people in the Bay Church community cultivate deep, honest and vulnerable relationships with one another. Our hope is that a Table can help a group of three people challenge and encourage one another in their walks with God.

Tables is a monthly meeting between three people based on the experience of the followers of Jesus on the road to Emmaus in Luke 24:13-25. Shortly after Jesus' resurrection some of His disciples were walking along the road to Emmaus. As they walked along the road, they shared their hurts and questions with one another. However, unbeknown to them at the time, Jesus drew alongside them but they didn't recognise him. He began speak with them and explained why he had to die in accordance with the scriptures. Eventually, the disciples invited Jesus (still not knowing that it was him) invited him to share a meal with them. And, as Jesus broke bread with them, 'their eyes were opened and they recognised him' (Luke 24:31).



Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.

BRENÉ BROWN

Our hope is that Tables can be the place where people share their hopes and hang ups, and, in the process of doing that, encounter the presence of Jesus together. The disciples encountered the presence of Jesus around a table and that's what we want to encourage groups of three people to do too.

HOW DO I JOIN A TABLE?

We think the best small groups (like Tables) happen organically. They work best with people that you already have a bit of a connection with and can imagine going deeper with. With that in mind, we'd encourage you to invite two others to create a Table with you. We know asking can be a bit scary. But we believe the potential benefits far outweigh the possible risks. Once you're in a Table with two others, just let us know by emailing pete@bay.church.

If you'd like some help joining a Table, please get in touch with Pete at pete@bay.church and we'd love to help you!

WHEN SHOULD WE MEET?

We're encouraging every Table to meet once a month. Once a month is enough to keep a sense of continuity to your time together without becoming burdensome.

WHERE SHOULD WE MEET?

It can be around any kind of table! It could be a cafe table, a pub table or a kitchen table - it doesn't really matter. What matters is that you're all able to meet somewhere where you can be open and honest and where you can pray for each other.

HOW SHOULD WE START?

If you haven't done it already, we think it's a really good idea to start your Table by sharing your story with one another. Spend the first three sessions together taking it in turns to listen to one another's stories and praying for one another.

HOW SHOULD WE RUN OUR TABLE?

Share (15 minutes)

Use the first 15 minutes to listen to each other and check in with one another. How have the last four weeks been since you last met? Do you have something to share that would

encourage the others? Is there something that is troubling you?

Sometimes it can become clear that one person in particular may need the full attention of the group and extra prayer and that's ok!

Search (15 minutes)

Spend 5 minutes asking each other these questions and responding to them:

- What would you like to say to Jesus today?
- What are you grateful for from the last four weeks?
- What have you found challenging over the last four weeks?
- What would you like prayer for today?
- How would you describe your relationship with God at the moment?
- What do you think God is saying to you at the moment?
- What are you doing to help yourself rest and replenish?
- What question do you not want us to ask you today?

Seek (30 minutes)

We want to make praying for each other the priority in Tables. We'd encourage you to spend the remaining 30 minutes praying for one another (10 minutes per person) and for the things that each person has shared.

CAN WE MEET FOR MORE THAN AN HOUR?

We're encouraging everyone to stick to an hour because it keeps your time together focused and makes Tables accessible for everyone. Try to keep your time together to an hour where possible. But, if everyone is happy for it to overrun, then that's ok too!