

SEPTEMBER 28, 2025

As you prepare to host Table Life this week, be prayerful as you step outward.

Here are some hosting tips to help you create a warm, inviting atmosphere and cultivate more authentic relationships.

SET UP Get comfortable seating arranged and put on some tunes from your guests' favorite artists to create a welcoming atmosphere.

SET OUT drinks and apps as you make new introductions.

MEAL PREP Kick off the meal prep by dividing everyone into teams, mixing new friends with familiar faces. Give your guests a quick tour of the kitchen and show them any equipment or appliances they'll need. Hand out the ingredients and instructions to each team, and don't forget to set a dinner start time!

DINNER TIME! Thank everyone for their help, and consider asking if you can say a blessing before the meal. It's a great way to bring everyone together and subtly invite them to engage in the spiritual aspects of life.

ENCOURAGE CURIOSITY Create an environment where everyone feels comfortable sharing. Keep discussions friendly—focus on understanding, not debating.

BE A GOOD LISTENER Pay attention to where your friends might need to hear the good news of Christ. This isn't about preaching; it's about understanding and connecting on a deeper level.

REFLECT CHRIST Aim to show Christ in your actions and words. Your character will speak volumes.

SHARE YOUR STORY Integrate your faith naturally by sharing parts of your journey. It makes your experiences relatable.

FOLLOW THE SPIRIT Trust the Spirit's lead as you engage with others. Go with the flow and see where the conversation takes you.

INTRODUCE the Conversation Cards (included below). They're perfect for sparking meaningful discussions. Go around the table, draw two cards, and choose one to answer, or pass it to someone else to answer!

WRAP UP Thank everyone for coming and make a plan to do it again!
"Stand firm in one spirit, contending side by side for the faith of the Gospel"
Philippians 1:27

After your first table gathering...Take a moment and prayerfully look ahead

We encourage you to give thanks for what you have experienced God at work! You've taken a significant step into missional hospitality, and we hope this is just the beginning. The beauty of Table Life is that it can extend far beyond that first meal.

We encourage you to repeat this experience as often as you want, mixing in new ideas, people, activities, and questions to keep it engaging.

You might also consider trying something different, like a book discussion or watching the popular Chosen series together, followed by dessert and conversations that dive into how you connect with the text or film's message. We have resources for you here, too!

Ultimately, our prayer is that God has ignited something in your hearts toward active faith, authentic community, and a growing love for Him.

We encourage you to keep embracing hospitality and everyday activities—so whether it's gathering for a meal, playing sports, or watching a movie—we pray you will link arms with fellow believers and take on the challenge to intentionally engage in our mission to make Christ known! We're here cheering for you every step and ready to come alongside you with ideas and resources.

Let us know how we can best encourage you at Missions@TheVailChurch.com

Get to know your group

No matter how long you've known one another, we encourage you to start with simpler prompts. You may be surprised what people share and what you learn.

Pay attention to your body language. Practice active listening by giving your full attention and refraining from speaking out of turn.

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| 01 What hobby do you wish you had more time to pursue? | 14 What is one thing you regret quitting when you did or something you wish you had quit sooner? |
| 02 When was the last time you changed your mind about something? | 15 What is the quality you value most in a friend? |
| 03 If you could research one topic for your full-time job, what would you choose? | 16 What is an adventure on your bucket list you hope to experience one day? |
| 04 What would you title this chapter of your life story? | 17 What was the last moment that caused you to experience awe or wonder? |
| 05 What is one funny but embarrassing memory you have from growing up? | 18 If you were asked to give a 15-minute presentation on anything, what subject and title would you choose? Be creative. |
| 06 What was one of your favorite days in the last month, and why? | 19 If you were a character in a movie, what character would you be, and what movie would you be in? |
| 07 What activities or environments spark the most joy for you? | 20 What is another city or country you could see yourself living in, and why? |
| 08 What is a place that holds significant meaning for you, and why is it so special? | 21 What is a cause or issue of injustice you feel strongly about? |
| 09 What book, other than the Bible, do you think every person needs to read? | 22 What subject or topic would you say you have the most expertise in? |
| 10 What is a simple pleasure you have that brings you delight? | 23 What is one of your quirkiest pet peeves? |
| 11 Are you more of a spender or a saver? | 24 What emotion have you felt the most this week, and why? |
| 12 What is one of your favorite activities to do on a day off? | 25 What are you currently curious about? |
| 13 If you could have dinner with one person, living or dead (other than Jesus), who would it be and why? | 26 If you could go to one historical event, which would you choose? |

START SMALL

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| 27 | What is a memorable piece of advice you have received? | 39 | If you were to show someone around your hometown, what is the first place you would take them to that holds meaning for you? |
| 28 | What is one of your proudest accomplishments, big or small? | 40 | What was the best concert you have been to, and why? |
| 29 | If you came with a disclaimer, what would it be? | 41 | If you could use only three words to describe your family, what would they be? |
| 30 | If you won the lottery, what would you do with the money? | 42 | Where is your favorite place you have ever traveled to, and why? |
| 31 | What is one small way you contributed to someone else's happiness or well-being recently? | 43 | How do you most naturally express love to the people you care about? |
| 32 | What are a couple of items on your personal "dopamine menu"? | 44 | What is a small or simple thing you want to be more grateful for? |
| 33 | What is the most memorable gift you have ever received? | 45 | What conditions seem to bring out about your best self? How about your worst self? |
| 34 | What is a piece of art (painting, architecture, sculpture, film, etc.) that resonates with you, and why? | 46 | What story from the Gospels do you find most moving? |
| 35 | Share about a time when someone was generous with you. Who was it, and what happened? | 47 | Which person from the Gospels do you most relate to, and why? |
| 36 | What fictional world or universe would you most like to live in, and why? | 48 | What are you currently learning about yourself? |
| 37 | If you could collaborate on a book with any author, past or present, who would it be, and what would the book be about? | 49 | What has recently changed in your life for the better? |
| 38 | If you could have God respond to one question today, what would it be? | 50 | What was an irrational fear that you had as a child? |

Table Conversations

Practicing the Way