



Table Welcome

Starting Practice

Table welcome is the rhythm of extending God's love and generosity by eating and drinking with those near and far from God.

Starting Practice: Once a month, share a meal with someone near to God. And, once a month, share a meal with someone far from God.

Pray - Spend some time in the quiet thanking God for His love and welcome toward you. Invite the Holy Spirit to help you as you seek to cultivate a posture and practice of hospitality toward others. Ask God to specifically bring to mind someone within the church family, as well as someone who is far from God, that you can share a meal with in the upcoming week(s). Pray for them, and pray for opportunities to extend hospitality.

Invite - Intentionally connect and initiate conversation with the person that God may have brought to mind in your time of prayer. Invite them to share a meal with you, or even coffee, tea, or dessert. If hosting in your home or apartment is not possible, creatively think through third spaces where you can invite others to gather (i.e. coffee shops, restaurants, parks).

Be Present - Focus on being present and attentive to the person in front of you. Spend your time fostering friendship with them, not just entertaining them. If you are hosting your home, consider how you can finish the majority of the preparation prior to your guest's arrival so that you can give them your full attention. Think of ways to honor them and make them feel special. It can often be helpful to think of one intentional question you might ask your guest to help prompt deeper conversation. Be open to learning, to receiving hospitality from others, and to yielding to Spirit's leading in your conversation and time together.

Practical Tips for Table Welcome:

- Consider stocking your pantry or fridge at home with food and drinks you can offer guests. This helps with being spontaneous and welcoming in others on short notice.
- Resist the tendency toward perfectionism or comparison. Keep things simple, offering back to God the space and the resources He has generously and uniquely gifted to you.
- Invite family members and roommates into preparing for and praying over your guests. This is a sweet opportunity to serve and work together as a family or household.
- Consider how you can use natural touchpoints like holidays (4th of July, Christmas) or hobbies that you already enjoy as opportunities to invite others over. Be creative in your planning (i.e. potlucks, picnics, charcuterie spreads, progressive dinners) and make it fun!



Table Welcome


Stretch Practice

Table welcome is the rhythm of extending God's hospitality by eating and drinking with those near and far from God.

Stretch Practice: Over the next six months, make an intentional effort to get to know your neighbors better. Share a meal with one or more of your neighbors, as a way to get to know them more.

Learn your neighbors' names and stories

Spend time intentionally getting to know your neighbors better. Recreate the following "Block Map" from the artofneighboring.com as a tool to help you get started. The center square is your home or apartment, and the eight surrounding squares are your nearest neighbors. In line A, fill in their name(s) - ideally first and last. If you do not know their name(s), leave that line blank or put in a question mark. In line B, fill in facts that you've gotten to learn about your neighbors (hobbies, where they work, where they are from, how long they've lived there). In line C, fill in deeper things that they have shared with you (spiritual beliefs, dreams for the future, relationship status, worries or concerns).

a. b. c.	a. b. c.	a. b. c.
a. b. c.		a. b. c.
a. b. c.	a. b. c.	a. b. c.

Pray for your neighbors regularly

Carve out space each week, perhaps daily, to pray for your neighbors by name. Consider going on a prayer walk through your neighborhood. As you do, pray that God would give you His eyes and heart to genuinely see and love your neighbors. Ask the Holy Spirit for wisdom and guidance for how to love and practically serve them.

Invite your neighbors over

Be intentional about sharing meals and regularly sharing space with your neighbors. This could look like simply inviting them over for dinner, or perhaps even inviting them to join you in one of the activities you regularly do and enjoy (i.e. watching football, crafting, cooking). Think of creative and natural ways to gather with your neighbors (i.e. block parties, barbecues, movie nights, holiday parties, hangouts in the front yard) and invite them into the planning process.