

Come to the Table

COMMUNITY PREPARATION & PERSONAL REFLECTION



What's a Table Talk? A facilitated time of listening, open dialogue, sharing experiences and ideas, and dreaming together. Table Talks will help us learn how to listen, welcome and embrace one another more fully, take steps toward reconciliation, and develop a spiritual muscle of deep unity (rather than conformity) rooted in submission to Jesus and one another, that stands the test of time.

PREPARING TO COME TO THE TABLE

Before we gather around the table, we invite you to search your own heart and be honest before God. This is an opportunity to take a little personal inventory (Where am I at? Where does God want me to be?) We invite you to spend time praying, listening and reflecting. As we each take this posture of preparation, we trust that God will lead our thoughts, unite our hearts and spark our imaginations as individuals, and a collective.

Read all of Psalm 139 (outloud if possible.) Use this as a starting place. Notice what words or phrases jump off the page/screen and repeat them in prayer to God.

*Search me, God, and know my heart;
Put me to the test and know my anxious thoughts;
And see if there is any hurtful way in me,
And lead me in the everlasting way.*

- Psalm 139: 23-24

PRAY FOR FOREST BROOK

Commit with us to praying for God's guidance for His church! Forest Brook is a 'house of prayer' (Isaiah 56:7). We believe in the supernatural power of prayer, and that it is essential to the health of our body. We follow God's lead as our authority and we live by His provision and grace.

ADDITIONAL RESOURCES



READ

- Philippians 2:3-8
- Colossians 3:12-17



WATCH

Take a couple of minutes to watch a video invitation to Table Talks.
(at forestbrook.ca/a-bigger-table)



REFLECT & RECORD

Ask yourself these questions and take some time to write out your answers or capture them as a memo on your phone.

- Where do I see or experience division in the world around me? How might Jesus be asking me to respond to that?
- What are some Kingdom principles, or 'rules of engagement' that set the stage for harmony and unity in difficult conversations?