

- The Table -

Ice-Breaker:

Have you ever had a formal dining table? For what events throughout the year was it used? What memories do you have around the table?

Discussion Questions:
Read Psalm 23, Isaiah 54:17

1. What do you think it means that God prepares a *table* in the presence of enemies?

2. How does this verse speak to God's provision or protection in the middle of conflict or adversity?

3. What does an "overflowing cup" suggest about God's generosity?

4. How do Psalm 23:5–6 and Isaiah 54:17 together paint a picture of God's care?

Read 1 Corinthians 15:33, Proverbs 4:23

5. How do the people you surround yourself with impact your faith, thoughts, and peace?

6. How is *guarding your heart* connected to being careful about who sits at your table (emotionally, mentally, spiritually)?

Read Psalm 23:6

7. What does it mean that God's *goodness and love follow you*?

8. What does "dwelling in the house of the Lord" mean to you right now? Is it more about eternity, or does it have meaning for your life today?

9. How might your life look different if you lived each day **expecting** God's goodness to show up?

Application:

- **Who's currently at your "table"? (Think friends, influences, media, mentors.) Are they helping you grow in peace, faith, and purpose—or draining it?**

- **Are there voices or relationships God is asking you to honor from a distance rather than give a seat at the table?**